

# NELSON'S HOME COMFORTS

TWENTIETH EDITION  
REVISED AND ENLARGED  
BY MARY HOOPER

ANY OF  
**NELSON'S SPECIALITIES**  
MENTIONED IN THIS BOOK

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TWENTIETH EDITION.

REVISED AND ENLARGED  
By MARY HOOPER,

AUTHOR OF "LITTLE DINNERS," "EVERY-DAY MEALS,"  
"COOKERY FOR INVALIDS," ETC., ETC.



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# CONTENTS.

	PAGE
<b>PREFACE</b> ... ... ... ... ... ... ... ... ...	7
Bottled Jellies ... ... ... ... ... ... ...	7
Granulated Jellies ... ... ... ... ... ...	8
Tablet Jellies ... ... ... ... ... ...	9
Lemon Sponge ... ... ... ... ... ...	9
Citric Acid and Pure Essence of Lemon ... ...	9
Pure Essence of Almonds and Vanilla ... ...	9
Gelatine Lozenges ... ... ... ... ...	10
Jelly-Jubes ... ... ... ... ...	10
Licorice Lozenges ... ... ... ...	10
Albumen... ... ... ... ...	10
Extract of Meat ... ... ... ...	10
Soups ... ... ... ... ...	11
Beef Tea... ... ... ...	12
Cookery for Invalids ... ... ...	12
Tinned Meats ... ... ... ...	12
New Zealand Mutton ... ... ... ...	13
Gelatine ... ... ... ...	13
 <b>SOUPS</b> ... ... ... ... ...	 14
 <b>LITTLE DISHES OF FISH</b> ... ...	 22
 <b>LITTLE DISHES OF MEAT</b> ... ...	 31
 <b>PUDDINGS</b> .. ... ... ...	 7
 <b>JELLIES</b> ... ... ... ...	 7
 <b>CREAMS</b> ... ... ... ...	 75
 <b>BEVERAGES</b> ... ... ... ...	 8
 <b>COOKERY FOR INVALIDS</b> ... ...	 94
 <b>NEW ZEALAND FROZEN MUTTON AND DAIRY PRODUCE</b> ...	 110
 <b>A CITY TRADE "JUBILEE"</b> ... ...	 120
 <b>INDEX</b> ... ... ... ...	 121

# NELSON'S HOME COMFORTS.

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## PREFACE.

IN presenting our friends and the public with the TWENTIETH edition of our "Home Comforts," we have the pleasure to remark that so greatly has the book been appreciated, that the large number of EIGHT HUNDRED AND FIFTY THOUSAND copies has been called for. The value of the Jubilee Edition was enhanced by some new recipes; these are repeated in the present edition, to which, also, some valuable additions have been made, notably a chapter on "Cookery for Invalids" (page 94), recipes for dishes dressed with aspic jelly, and some new and elegant fruit jellies and creams.

Nelson's "Pure Beef Tea," Nelson's "Extract of Meat," and Nelson's "Soups," are now supplied in powder, thus obviating the necessity for soaking, and greatly facilitating their preparation for table.

Since the introduction of our Gelatine by the late Mr. G. Nelson, more than fifty years ago, we have considerably enlarged our list of specialities, and we have gratefully to acknowledge the public favour accorded to us.

Among those of our preparations which have met with so much appreciation and success, we would cite the following :

**Nelson's Bottled Jellies.**—It is sometimes so difficult, if not impossible, to have a first-class jelly

made in private kitchens, that we venture to think our **BOTTLED JELLIES** will be highly appreciated by all housekeepers. It is not too much to say that a ready-made jelly of the highest quality, and of the best and purest materials, requiring only the addition of hot water, is now for the first time supplied. Careful experiments, extending over a long period of time, have been required to bring this excellent and very useful preparation to its present state of perfection, and it is confidently asserted that no home-made jelly can surpass it in purity, brilliancy, or delicacy of flavour. All that is necessary to prepare the jelly for the table is to dissolve it by placing the bottle in hot water, and then to add the given quantity of water to bring it to a proper consistency. It is allowed to stand until on the point of setting, and is then put into a mould.

**Nelson's Calf's Foot, Lemon, Port, Sherry, Orange, and Cherry Jellies** are now to be had of all first-class grocers, and are put up in bottles each containing sufficient of the concentrated preparation to make a quart, pint, or half-pint.

**Nelson's Granulated Jellies** are recommended for general use, are guaranteed of the purest and best materials, are flavoured with the finest fruit essences, and are soluble instantly in boiling water. The Granulated Jellies are of so moderate a price as to be within the reach of all classes, and can be used as an every-day addition to the family bill of fare. They are not, however, intended as a substitute for high-class jellies whether bottled or home-made.

The Granulated Jellies used as directed in the recipes make, in a few minutes, creams of a most delicate kind, remarkable for smoothness and fine flavour.

**Nelson's Tablet Jellies** are made in all the flavours of, and can be used in the same way as, the Granulated Jellies.

**Nelson's Port, Sherry, and Orange Wine Tablet Jellies** have now been added to the list.

**Nelson's Lemon Sponge**, supplied in tins, is a delicious novelty, and will be found to surpass any that can be made at home.

**Nelson's Citric Acid and Pure Essence of Lemon.**—In order to save the trouble of putting jelly through a strainer when required for invalids, we have introduced our Citric Acid and Essence of Lemon, and by their use a jelly clear enough for all ordinary purposes is made in a few minutes.

Lemonade and other beverages can be quickly made, and with less expense than by any other method, by using Nelson's Citric Acid and Essence of Lemon, and for these recipes are given. Delicious beverages are also made with Nelson's Bottled Jellies, see page 89. These preparations being highly concentrated, it is necessary, in order to avoid too strong a flavour, not to exceed the quantities given for their use in the several recipes.

**Nelson's Pure Essence of Almonds and Vanilla.**—These Extracts, like the Essence of Lemon,

will be found of superior strength and flavour, and specially adapted for... recipes in this book.

**Nelson's Gelatine Lozenges** are not only a delicious sweetmeat, but most useful as voice lozenges, or in cases of sore or irritable throat. The flavour is very delicate and refreshing. Dissolved in water they make a useful beverage, and also a jelly suitable for children and invalids.

**Nelson's Jelly-Jubes** will be found most agreeable and nourishing sweetmeats, deliciously flavoured with fruit essences. They can be used as cough lozenges, will be found soothing for delicate throats, are useful for travellers, and may be freely given to children.

**Nelson's Licorice Lozenges** are not only a favourite sweetmeat, but in cases of throat irritation and cough are found to be soothing and curative.

**Nelson's Albumen** is the white of eggs carefully dried and prepared, so that it will keep for an indefinite length of time. It is useful for any purpose to which the white of egg is applied, and answers well for clearing soup and jelly. When required for use, the albumen is soaked in cold water and whisked in the usual way.

**Nelson's Extract of Meat.**—The numerous testimonials which have been received as to the excellence of this preparation, as well as the great and universal demand for it, have afforded the highest satisfaction to us as the manufacturers, and have enabled us to offer it with increased confidence to the

public. It is invaluable, whether for making soup or gravy, or for strengthening or giving flavour to many dishes ; and it is not only superior to, but far cheaper than any similar preparation now before the public.

Now that clear soup is so constantly required and a thing of every-day use, Nelson's Extract of Meat will be found a great boon. With the addition of a little vegetable flavouring, a tin of the Extract will make a pint of soup as good and as fine as that produced, at much labour and expense, from fresh meat. With a judicious use of the liquor derived from boiling fowls, rabbits, and fresh meat, an endless variety of soup may be made, by the addition of Nelson's Extract of Meat. Some recipes are given by which first-class soups can be prepared in a short time, at a very small cost, and with but little trouble. Being now prepared in a powdered form, Nelson's Extract of Meat does not require to be soaked, and quickly dissolves when stirred in hot liquid.

**Nelson's Soups** are deserving of the attention of every housekeeper, for they combine all the elements of good nourishment, have an excellent flavour, both of meat and vegetables, are prepared by merely boiling the contents of a packet for a few minutes, and are so cheap as to be within everybody's means. Penny packets of these soups, for charitable purposes, will be found most useful and nourishing.

Those who have to cater for a family know how often a little soup will make up a dinner that would otherwise be insufficient ; yet because of the time and

trouble required in the preparation, it is impossible to have it. In a case like this, or when a supplementary dish is unexpectedly required, Nelson's Soups are most useful. Although these soups are all that can be desired, made with water according to the directions given with each packet, they can be utilised with great advantage for strengthening household stock.

For instance, the liquor in which a leg of mutton has been boiled, or of pork, if not too salt, can be at once, by using a packet or two of Nelson's Soup, converted into a delicious and nourishing soup, and at a cost surprisingly small. Or, the bones of any joint can be made into stock, and, after all the fat has been skimmed off, have a packet of Nelson's Soup added, in the same manner as in the directions.

**Nelson's Pure Beef Tea** will be found of the highest value, supplying a cup of unequalled nourishment, combining all the constituents of fresh Beef. No other preparation now before the public contains that most important element, albumen, in a soluble form, as well as much of the fibrine of the meat. This Beef Tea is also generally relished by invalids, and merely requires to be dissolved in boiling water.

**Cookery for Invalids.**—Special recipes are given under this head on page 89.

**Nelson's Tinned Meats**, known as the "Tomoana Brand," are prepared at the works of NELSON BROS., LIMITED, Hawke's Bay, New Zealand, from the finest cattle of the country. MESSRS. NELSON specially recommend their "Haricot Mutton" and

"Pressed Corned Mutton." The "Stewed Kidneys" and "Sheep's Tongues" will be found of a quality superior to any articles of the kind now in the market, while the price places them within the reach of all classes of consumers.

**New Zealand Mutton.**—For information respecting this meat, and the great advantage as well as economy of its use, see page 118.

**Nelson's Gelatine** having now been favourably known all over the world for more than half a century, it is unnecessary to do more than observe that our efforts are constantly directed to supplying a perfectly pure article, always of the same strength and quality. When Russian isinglass was first introduced into this country, the prejudices against its use on the part of our great-grandmothers were violent and extreme; for those worthy ladies would not believe that some unfamiliar substance, of the origin of which they were either ignorant or doubtful, could form an efficient substitute for the well-known calves' feet and cow-heels, from which they had always been in the habit of making their jellies and blanc-manges. By degrees, however, the Gelatine made its way, and at length superseded the old system entirely, and its popularity is demonstrated by the fact that the works at Emscote, near Warwick, cover nearly five acres.

**N.B.**—It is necessary to call attention to the fact that in all the following recipes in which Nelson's Gelatine and Specialities are used, the quantities are calculated for *their manufacture only*, the quality and strength of which may be relied upon for uniformity.

# NELSON'S HOME COMFORTS.

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## SOUPS.

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### BEEF AND ONION SOUP.

A PINT of very good soup can be made by following the directions which accompany each tin of Nelson's Beef and Onion Soup, viz., to put the contents of the packet into a saucepan containing one pint of boiling water, boil for ten minutes, stirring the whole time. It is delicious when combined with a tin of Nelson's Extract of Meat, thus producing a quart of nutritious and appetising soup.

### NELSON'S MULLIGATAWNY SOUP.

Boiled for ten minutes, in water or milk and water, Nelson's Mulligatawny Soup is very appetising and delicious. It should be eaten with boiled rice; and for those who like the soup even hotter than that in the above preparation, the accompanying rice may be curried. In either case the rice should be boiled so that each grain should be separate and distinct from the rest.

**BEEF, LENTIL, AND VEGETABLE SOUP.**

Boil the contents of a packet of Nelson's Soup of the above title in a quart of water for fifteen minutes, stirring briskly. A little seasoning of salt and pepper may be added for accustomed palates. This soup is perfectly delicious if prepared as follows: Cut two peeled onions into quarters, tie them in a muslin bag, and let the soup boil for twenty minutes with them. Take out the bag before serving the soup.

**BEEF, PEA, AND VEGETABLE SOUP.**

The directions printed on each packet of Nelson's Beef, Pea, and Vegetable Soup produce a satisfactory soup, but even this may be improved by the addition of the contents of a tin of Nelson's Extract of Meat and a handful of freshly-gathered peas. It is perhaps not generally known that pea-pods, usually thrown away as useless, impart a most delicious flavour to soup if boiled fast for two or three hours in a large saucepan, strained, and the liquor added to the soup, stock, or beef tea.

**BEEF TEA AS A SOLID.**

Dissolve the contents of a tin of Nelson's Beef Tea in a gill of water. Add to this the third of an ounce packet of Nelson's Gelatine, also dissolved in half-a-pint of water. Put the mixture in a stewpan, and stir until it reaches boiling-point. Then put it into a mould which has been rinsed with cold water. When thoroughly cold, this will turn out a most inviting and extremely nutritious dish.

### CLEAR VERMICELLI SOUP.

Boil two minced onions in a quart of the liquor in which a leg of mutton has been boiled, skim well, and when the vegetables are tender strain them out. Pass the soup through a napkin, boil up, skim thoroughly, and when clear add the contents of a tin of Nelson's Extract of Meat, stirring until dissolved.

Boil two ounces of vermicelli paste in a pint of water until tender. Most shapes take about ten minutes. Take care that the water boils when you throw in the paste, and that it continues to do so during all the time of cooking, as that will keep the paste from sticking together. When done, drain it in a strainer, put it in the tureen, and pour the soup on to it.

### SOUP JULIENNE.

Wash and scrape a large carrot, cut away all the yellow parts from the middle, and slice the red outside of it an inch in length, and the eighth of an inch thick. Take an equal quantity of turnip and three small onions, cut in a similar manner. Put them in a stewpan with two ounces of butter and a pinch of powdered sugar ; stir over the fire until a nice brown colour, then add a quart of water and a teaspoonful of salt, and let all simmer together gently for two hours. When done skim the fat off very carefully, and ten minutes before serving add the contents of a tin of Nelson's Extract of Meat, and a cabbage-lettuce cut in shreds and blanched for a minute in boiling water ;

simmer for ten minutes and the soup will be ready. Many cooks, to save time and trouble, use the preserved vegetables, which are to be had in great perfection at all good Italian warehouses.

### BROWN RABBIT SOUP CLEAR.

Fry a quarter of a pound of onions a light brown ; mince a turnip and carrot and a little piece of celery ; boil these until tender in three pints of the liquor in which a rabbit has been boiled, taking care to remove all scum as it rises ; strain them out, and then pass the soup through a napkin. The soup should be clear, or nearly so, but if it is not, put it in a stewpan, boil and skim until bright ; then throw in the contents of a tin of Nelson's Extract of Meat ; stir until dissolved ; add pepper and salt to taste.

### HARE SOUP.

Half roast a hare, and, having cut away the meat in long slices from the backbone, put it aside to make an entrée. Fry four onions ; take a carrot, turnip, celery, a small quantity of thyme and parsley, half-a-dozen peppercorns, a small blade of mace, some bacon-bones or a slice of lean ham, with the body of the hare cut up into small pieces ; put all in two quarts of water with a little salt. When you have skimmed the pot, cover close and allow it to boil gently for three hours, then strain it, take off every particle of fat, and having allowed the soup to boil up, add the contents of a tin of Nelson's Extract of

Meat, and thicken it with a dessertspoonful of potato-flour ; stir in two lumps of sugar, a glass of port wine, and season if necessary.

### MULLIGATAWNY SOUP.

English cooks generally err in making both mulligatawny and curries too hot. It is impossible to give the exact quantity of the powder, because it varies so much in strength, and the cook must therefore be guided by the quality of her material. Mulligatawny may be made cheaply, and be delicious. The liquor in which meat or fowl has been boiled will make a superior soup, and fish-liquor will answer well. Slice and fry brown four onions, quarter, but do not peel, four sharp apples ; boil them in three pints of stock until tender, then rub through a sieve to a pulp. Boil this up in the soup, skimming well ; add the contents of a tin of Nelson's Extract of Meat, and stir in two ounces of flour and the curry-powder, mixed smooth in half-a-pint of milk. Any little pieces of meat, fowl, game, or fish may be added as an improvement to the soup. Just before serving taste that the soup is well-flavoured ; add a little lemon-juice or vinegar.

### THIN MULLIGATAWNY SOUP.

To a quart of the liquor in which a fresh haddock has been boiled, add half-a-pint of water in which onions have been boiled. Stir into this, after it has been skimmed, and whilst boiling, the contents of a tin of Nelson's Extract of Meat, and a teaspoonful of

curry powder ; let it boil up ; add the juice of half a lemon and serve.

### BROWN ARTICHOKE SOUP.

Wash, peel, and cut into slices about half-an-inch thick two pounds of Jerusalem artichokes. Fry them in a little butter until brown ; fry also brown half-a-pound of sliced onions. Put these to boil in two quarts of water with two turnips, a carrot sliced, two teaspoonfuls of salt, and one of pepper. When the vegetables are tender drain the liquor, set it aside to cool, and remove all fat. Pass the vegetables through a fine sieve to a nice smooth *purée*. Those who possess a Kent's "triturating strainer" will be able to do this much more satisfactorily, both as regards time and results, than by the old way of rubbing through a sieve. Put the liquor on to boil, dissolve in it--according to the strength the soup is required to be--the contents of one or two tins of Nelson's Extract of Meat, then add the vegetable *purée*, a lump or two of sugar, and if required, salt and pepper. Let it boil up and serve.

### TURTLE SOUP.

This soup is so often required for invalids, as well as for the table, that an easy and comparatively inexpensive method of preparing it cannot fail to be acceptable. Nelson's Pure Beef Tea or Extract of Meat will be used instead of fresh beef, and Bellis's Sun-dried Turtle instead of live turtle. If convenient

it is desirable to soak the dried turtle all night, but it can be used without doing so. Put it on to boil in the water in which it was soaked, in the proportion of one quart with a teaspoonful of salt to a quarter of a pound of the turtle. Add two or three onions peeled and quartered, a small bit of mace and sliced lemon-peel, and simmer gently for four or five hours, or until the turtle is tender enough to divide easily with a spoon. Stock of any kind may be used instead of water, and as the liquid boils away more should be added, to keep the original quantity. Herbs for the proper flavouring of the Turtle Soup are supplied by Bellis; these should be put in about an hour before the turtle is finished, and be tied in muslin. When done take out the turtle and divide it into neat little pieces; strain the liquor in which it was cooked, and having boiled it up, stir in the contents of two tins of Nelson's Extract of Meat, previously soaked for a few minutes. Mix smooth in a gill of cold water a teaspoonful of French potato-flour and of Hungarian flour, stir into the soup, and when it has thickened put in the turtle meat; let it get hot through, add a wine-glassful of sherry, a dessertspoonful of lemon-juice, and salt and pepper to taste, and serve at once. It is necessary to have "Bellis's Sun-dried Turtle," imported by T. K. Bellis, Jeffrey's Square, St. Mary Axe, London (sold in boxes), for this soup, because it is warranted properly prepared. An inferior article, got up by negroes from turtle found dead, is frequently sold at a low price; but it is unnecessary to say it is not good or wholesome.

### MOCK TURTLE SOUP.

This, like real turtle soup, can be made of Nelson's Extract of Meat and Bellis's Mock Turtle Meat. Boil the contents of a tin of this meat in water or stock, salted and flavoured with vegetable and turtle herbs, until tender. Finish with Nelson's Extract of Meat, and as directed for turtle soup.

### GRAVY.

For roast meat, merely dissolve a tin of Nelson's Extract of Meat in a pint of boiling water. For poultry or game, fry two onions a light brown, mince a little carrot and turnip, put in half a teaspoonful of herbs, tied in muslin, and boil until tender, in a pint of water. Strain out the herbs, let the liquor boil up, stir in the contents of a tin of Nelson's Extract of Meat, and if the gravy is required to be slightly thickened, add a small teaspoonful of potato-flour mixed smooth in cold water. For cutlets or other dishes requiring sharp sauce, make exactly as above, and just before serving add a little of any good piquant sauce, or pickles, minced finely.

### GLAZE.

Dissolve in a small jar the contents of a tin of Nelson's Extract of Meat in rather less than a gill of water. Set the jar over the fire in a saucepan with boiling water, and let the extract simmer until dissolved. This is useful for strengthening soups and gravies, and for glazing ham, tongues, and other things.

## LITTLE DISHES OF FISH.

THE recipes we are now giving are suitable for dinner, supper, or breakfast dishes, and will be found especially useful for the latter meal, as there is nothing more desirable for breakfast than fish. We are constantly told that it is not possible to have fresh fish for breakfast, because it cannot be kept all night in the home-larder. But we must insist that there is no greater difficulty in keeping fish than meat. Indeed, there is perhaps less difficulty, because fish can be left lying in vinegar, if necessary, whereas in the case of meat it cannot always be done.

We will suppose that it is necessary to use strict economy. It is as well to proceed on that supposition, because people can always be lavish in their expenditure, whereas it is not so easy to provide for the household at once well and economically. In many neighbourhoods fish is sold much cheaper late in the day than in the morning, and in this case the house-keeper who can buy overnight for the use of the next day has a great advantage. Suppose you get the tail of a cod weighing three pounds, as you frequently may, at a very small price in the evening, and use a part of it stuffed and baked for supper, you can have a dish of cutlets of the remainder for breakfast which will be very acceptable. We do not mean a dish of the cold remains, but of a portion of the fish kept uncooked, as it easily may be, as we have before said, by dipping it in vinegar. Or, you get mackerel. Nothing is better than this fish treated according to the recipe we give. Even so delicate a fish as whiting may, by a little management with vinegar, be kept perfectly well from

one day to the other. Skinned whiting has very little flavour, and although when skilfully cooked in the usual way it is useful by way of change, the nourishment is much impaired by the removal of the skin. The same remark applies to soles. By frying fish unskinned you get a dish of a different character to that of skinned fish, and one of which the appetite does not so soon tire.

### FRIED SOLE.

Soles weighing from three-quarters of a pound to a pound are the most suitable size for frying whole. If it is desired to have the fish juicy and with their full flavour, do not have them skinned. The black side of the soles will not of course look so well, or be so crisp, as the white side, but this is of little consequence compared to the nourishment sacrificed in removing the skin. Have the soles scraped, wipe them, put a tablespoonful of vinegar in a dish, pass the fish through it, and let them lie an hour or more, if necessary all night, and the flavour is thus improved. Run a knife along the backbone, which prevents it looking red when cut. When ready to crumb the fish, lay them in a cloth and thoroughly dry them. Beat up the yolk of an egg with a very little of the white, which will be sufficient to egg a pair of soles; pass the fish through the egg on both sides, hold it up to drain; have ready on a plate a quarter of a pound of very fine dry crumbs, mixed with two ounces of flour, a teaspoonful of salt, and half a teaspoonful of pepper. Draw the fish over the crumbs, first on one side, then on the other, and lay it gently on a dish, black side downwards, whilst you prepare another. Some people

succeed better in crumbing fish by sifting the crumbs on to it through a very fine strainer after it is egged. When the fish are ready put them, black side downwards, into the frying-pan with plenty of fat, hot enough to brown a piece of bread instantaneously, move the pan about gently, and when the soles have been fried four minutes, put a strong cooking-fork into them near the head, turn the white side downwards, and fry three minutes longer. Seven minutes will be sufficient to fry a sole weighing three-quarters of a pound, and a pair of this weight is sufficient for a party of six persons. When the sole is done put the fork into the fish close to the head, hold it up and let all the fat drain away, lay it on a sheet of cap paper, and cover over with another sheet. Being thus quite freed from grease, of a rich golden brown, crisp, and with an even surface, lay the fish on the dish for serving, which should have on it either a fish-paper or a napkin neatly folded. A well-fried sole is best eaten without any sauce, but in deference to the national usage, butter sauce, or melted butter, may be served with it.

#### FILLETED SOLES.

It is better for the cook to fillet the soles, for there is often much waste when it is done by the fishmonger. Having skinned the fish, with a sharp knife make an incision down the spine-bone from the head to the tail, and then along the fins ; press the knife between the flesh and the bone, bearing rather hard against the latter, and the fillets will then be readily removed. These can now be dressed in a variety of ways ; perhaps the most delicate for breakfast is the following :

**FILLETS OF SOLE SAUTÉS.**

Having dried the fillets, divide them into neat pieces two or three inches long; dip them in the beaten yolk of egg, and then in seasoned bread-crumbs. Make a little butter hot in the frying-pan, put in the fillets and cook them slowly until brown on one side, then turn and finish on the other.

**FILLETS OF SOLE FRIED.**

These may either be rolled in one piece or divided into several, as in the foregoing recipe. In either case egg and crumb them thoroughly, place them in the wire-basket as you do them, which immerse in fat hot enough to crisp bread instantly. When done, put the fillets on paper to absorb any grease clinging to them, and serve as hot as possible. All kinds of flat fish can be filleted and cooked by these recipes, and will usually be found more economical than serving the fish whole. It is also economical to fillet the tail-end of cod, salmon, and turbot, and either fry or *sauté*, as may be preferred.

**FILLETS OF SOLE WITH LOBSTER.**

Skin and fillet a pair of soles, each weighing about a pound. Roll the fillets, secure them with thread, which remove before serving; put them in a stewpan with two ounces of sweet butter, cover closely, and allow them to cook at a slow heat for twenty minutes or until tender, taking care to keep them from getting brown. Prepare a sauce by boiling a quarter of a pound of veal cutlet and the bones of the fish in half-a-pint of water. When reduced to a gill, strain and take off all fat from the sauce, thicken with fine flour, put it into the stewpan with the fish, and allow it to

stand for a quarter of an hour without boiling. Mince or cut in small pieces either the meat of a small fresh lobster, or half a tin of the best brand of preserved lobster. Make this hot by putting it in a jam-pot standing in a saucepan of boiling water. Take up the fish, carefully pour the sauce round, and place on the top of each fillet some of the lobster.

#### BAKED WHITING.

Small whiting answer well for this purpose. Tie them round, the tail to the mouth, dip them in dissolved butter, lightly sprinkle with pepper and salt, strew them with pale raspings, put them in a baking-dish with a little butter, and bake in a quick oven for a quarter of an hour.

#### COD CUTLETS.

A cheap and excellent dish is made by filleting the tail of cod, egging and crumbing the pieces and frying them. Get about a pound and a half of the tail of a fine cod ; with a sharp knife divide the flesh from the bone lengthways, cut it into neat pieces as nearly of a size as you can, and flatten with a knife. Dip in egg, then in crumbs mixed with a little flour, pepper, and salt. It is best to fry the cutlets in the wire-basket in plenty of fat, but if this is not convenient they can be done in the frying-pan ; in any case, they should be done quickly, so that they may get crisp.

#### FLOUNDER SOUCHE.

Properly done, souché is the most delicate and nourishing form of fish cookery, and it is suitable for nearly all kinds of fish when filleted. The mistakes of putting too much water and boiling fast should be

carefully avoided. For flounder *souché*, put the heads and fins of three or four small flounders into a sauté pan with sufficient water to cover them, a tiny bit of mace, a few sprigs of parsley, with one of thyme, a bay-leaf, and a small piece of carrot. Simmer for an hour. Remove the bones, herbs, etc., season the liquor with a little salt, put in the flounders, simmer for half an hour. Just before serving add a handful of picked parsley, allow the *souché* to boil up, and serve, with the liquor, in a deep dish. Brown bread and butter and cut lemon should accompany this dish.

#### ROLLED HERRINGS.

Choose the herrings with soft roes. Having scraped and washed them, cut off the heads, split open, take out the roes, and cleanse the fish. Hold one in the left hand, and, with thumb and finger of the right, press the backbone to loosen it, then lay flat on the board and draw out the bone ; it will come out whole, leaving none behind. Dissolve a little fresh butter, pass the inner side of the fish through it, sprinkle pepper and salt lightly over, then roll it up tightly with the fin and tail outwards, roll it in flour and sprinkle a little pepper and salt, then put a small game skewer to keep the herring in shape. Have ready a good quantity of boiling fat ; it is best to do the herrings in a wire-basket, and fry them quickly for ten minutes. Take them up and set them on a plate before the fire, in order that all the fat may drain from them. Pass the roes through flour mixed with a sufficient quantity of pepper and salt, fry them brown, and garnish the fish with them and crisp parsley.

### GALANTINE OF FISH.

Procure a fine large fresh haddock and two smaller, of which to make forcemeat. Take off the head and open the large fish. Carefully press the meat from the backbone, which must be removed without breaking the skin ; trim away the rough parts and small bones at the sides. Cover the inside of the fish with a layer of forcemeat, and at intervals place lengthways a few fillets of anchovies, between which sprinkle a little lobster coral which has been passed through a wire sieve ; fold the haddock into its original form, and sew it up with a needle and strong thread. Dip a cloth in hot water, wring it as dry as possible, butter sufficient space to cover the fish, then fold it up, tie each end, and put a small safety pin in the middle to keep it firm. Braise the galantine for an hour in stock made from the bones of the fish. Let it stay in the liquor until cold, when take it up and draw out the sewing thread. Reduce and strain the liquor, mix with cream and aspic jelly, or Nelson's Gelatine, dissolved in the proportion of half-an-ounce to a pint. When this sauce is on the point of setting, coat the galantine with it, sprinkle with little passed lobster coral, dish on a bed of shred salad, tastefully interspersed with beetroot cut in dice and dipped in oil and vinegar.

To make the forcemeat, pound the fillets of the small haddocks till fine, then work in about half its quantity of bread panada, an ounce of butter, and the fillets of two anchovies ; season with salt and pepper, mix in one egg and a yolk, pass through a wire sieve, and work into it a gill of cream.

## FILLETS OF SOLE EN ASPIC.

Aspic jelly, or meat jelly, may be made very good, and at a moderate cost, by boiling lean beef or veal in water with a little vegetable and spice. To make it according to the standard recipes is so expensive and tedious that few persons care to attempt it. The following directions will enable a cook to make an excellent and clear aspic.

Cut two pounds of lean beefsteak or veal cutlet into dice, put it on in two quarts of cold water, and as soon as it boils, take off the scum as it rises. Let it simmer gently for half-an-hour ; then add four onions, a turnip, carrot, small bundle of sweet herbs, blade of mace, half-a-dozen white peppercorns, and when it has again boiled for an hour strain it through a napkin. Let it stand until cold, remove all the fat, boil it up, and to a quart of the liquor put the contents of a sixpenny packet of Nelson's Gelatine. Add salt and a pinch of cayenne pepper, and when the jelly is cool stir in the whites and shells of two eggs well beaten. Let the jelly boil briskly for two minutes, let it stand off the fire for a few minutes, then strain through a jelly-bag and use as directed. Take the fillets of a pair of large thick soles, cut them into neat square pieces, leaving the trimmings for other dishes, and lay them in vinegar with a little salt for an hour. As they must be kept very white the best French vinegar should be used. Boil the fillets gently in salted water, with a little vinegar, till done ; take them up and dry them on a cloth. Have ready some picked parsley and hard-boiled eggs cut in quarters ; arrange

these neatly at the bottom of a plain mould so as to form a pretty pattern. Pour in very gently enough jelly to cover the first layer, let it stand until beginning to set, then put another layer of fish, eggs, and parsley, then more jelly, and so on until the mould is full. When done set the mould on ice, or allow it to stand some hours in a cold place to get well set. Turn it out, ornament with parsley, beetroot, and cut lemon.

#### COLLARED EELS.

Clean and boil the eels in water highly seasoned with pepper and salt, an onion, bay-leaf, a clove, and a little vinegar. When the eels are done enough, slip out the bones and cut them up into pieces about two inches long. Take the liquor in which the fish is boiled, strain it, let it boil in the stewpan without the lid, skimming it until it becomes clear. Dissolve a quarter of an ounce of Nelson's Gelatine to each half-pint of the fish gravy, and boil together for a minute, let it then stand until cool. Arrange the pieces of eel tastefully in a plain mould with small sprigs of curled parsley and slices of hard-boiled eggs, and, if you like, a fillet or two of anchovies cut up into dice. When all the fish is thus arranged in the mould, pour the jelly in very gently, a tablespoonful at a time, in order not to disturb the solid material. Let the mould stand in cold water for seven or eight hours, when it can be turned out. Ornament with parsley, lemon, and beetroot.

## LITTLE DISHES OF MEAT.

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IN this chapter a number of useful and inexpensive dishes are given, which will serve either as breakfast dishes or *entrées*, and which may, in the hands of an intelligent cook, serve as models for many others. As will be seen, it is not so much a question of expense to provide these little tasty dishes as of management. In all the following recipes for little dishes of mutton, it will be found a great advantage to use New Zealand Meat.

A good cook will never be embarrassed by having too much cold meat on hand, because she will be able by her skill so to vary the dishes that the appetites of those for whom she caters will never tire of it. Even a small piece of the loin of mutton may be served in half-a-dozen different ways, and be relished by those who are tired of the mutton-chop or the plain roast.

### MUTTON CUTLETS.

Taken from the neck, mutton cutlets are expensive, but those from the loin will be found not only convenient, but to answer well at a smaller cost.

First remove the under-cut or fillet from about two pounds of the best end of a loin of mutton, cut off the flap, which will be useful for stewing, and it is especially good eaten cold, and then remove the meat

from the bones in one piece, which divide with the fillet into cutlets about half-an-inch thick. Egg them over and dip them in well-seasoned bread-crumbs, fry them until a nice brown, and serve with gravy made from the bones and an onion.

This way of cooking the loin is much more economical than in chops, because with them the bones and flap are wasted, whereas in cutlets all is used up.

To stew the flap, put it in a stewpan, the fat downwards, sprinkle pepper and salt, and slice an onion or two over, and set it to fry gently in its own fat for an hour. Take up the meat, and put half-a-pint of cold water to the fat, which, when it has risen in a solid cake, take off, mix a little flour with the gravy which will be found beneath the fat, add pepper, salt, and some cooked potatoes cut in slices. Cut the meat into neat squares ; let it simmer gently in the gravy with the potatoes for an hour.

### ROULADES OF MUTTON.

Remove the fillet from a fine loin of mutton, trim away every particle of skin, fat, and gristle. Flatten the fillet with a cutlet-bat, and cut it lengthways into slices as thin as possible ; divide these into neat pieces about three inches long. Sprinkle each with pepper, salt, and finely-chopped parsley, roll them up tightly, then dip in beaten egg, and afterwards in finely-sifted bread-crumbs mixed with an equal quantity of flour and highly seasoned with pepper and salt. As each roulade is thus prepared place it

on a game-skewer, three or four on each skewer. Dissolve an ounce of butter in a small frying-pan, and cook the roulades in it.

### MUTTON COLLOPS.

Cut neat thin slices from a leg of either roasted or boiled mutton, dip them in yolk of egg and in fine dry bread-crumbs to which a little flour, pepper, and salt have been added. Heat enough butter in a small frying-pan to just cover the bottom, put in the slices of mutton and cook them very slowly, first on one side then on the other, until they are brown. Garnish the dish on which the mutton is served with some fried potatoes or potato chips.

### MUTTON SAUTÉ.

Put a little butter or bacon fat in the frying-pan, sprinkle pepper and salt over slices of cold mutton, and let them get hot very slowly. The mutton must be frequently turned, and never allowed to fry. When turned in the pan for the last time sprinkle a little chopped parsley on the upper side ; remove the slices carefully on to a hot dish, pour the fat in the pan over, and serve.

### COLD MUTTON POTTED.

Cut up the mutton, being careful to free it from all sinew and skin ; pass through a mincing machine or pound it with half its weight of cooked bacon until it is as fine as desired. Season with a little pepper, salt, and allspice, put it into a jar, which set in a

saucepan of water over the fire until the meat is hot through. When taken up stir occasionally until cool, then press it into little pots, and pour clarified butter or mutton fat over the top. If liked, a little essence of anchovy may be added to the seasoning.

### MUTTON PIES.

Mince a quarter of a pound of underdone mutton, taking care to have it free from skin and fat. Mix with it a tablespoonful of rich gravy—that which is found under a cake of dripping from a joint is particularly suitable for this purpose—add a few drops of essence of anchovy, a pinch of cayenne pepper, and a small teaspoonful of minced parsley. If necessary add salt.

Line four patty-pans with puff paste, divide the mutton into equal portions and put it into the pans, cover each with a lid of paste, and bake in a quick oven for half-an-hour.

### OX BRAIN.

Having carefully washed the brain, boil it very fast, in order to harden it, in well-seasoned gravy. When it is done, take it out of the gravy and set it aside until cold. Cut it either in slices or in halves, dip each piece in egg, then in bread-crumbs well seasoned with dried and sifted parsley, pepper, and salt, fry them in a little butter until brown. The gravy having become cold, take off the fat, and boil it in a stewpan without a lid until it is reduced to a small quantity; pour it round the brain, and serve.

**BRAIN FRITTERS.**

Carefully wash an ox brain, and boil it for a quarter of an hour in well-seasoned stock. When the brain is cold, cut it into slices as thin as possible, dip each of them in batter, drop them as you do them into a stewpan half-full of fat at a temperature of  $430^{\circ}$ , or that which will brown instantly a piece of bread dipped into it. To make the batter, mix two large tablespoonfuls of fine flour with four of cold water, stir in a tablespoonful of dissolved butter or of fine oil, the yolk of an egg, and a pinch of salt and pepper; when ready to use, beat the white of the egg to a strong froth, and mix with it. Do not fry more than two fritters at once; as you take them up, throw them on paper to absorb any grease clinging to them, serve on a napkin or ornamental dish-paper. If this recipe is closely followed, the fritters will be light, crisp, delicate morsels, melting in the mouth, and form besides a very pretty dish. Garnish with fried parsley; take care the parsley is thoroughly dry, put it into a small frying-basket, and immerse it for an instant in the fat in which the fritters are to be cooked. Turn it out on paper, dry, and serve.

**MARROW TOAST.**

Let the butcher break up a marrow-bone. Take out the marrow in as large pieces as possible, and put them into a stewpan with a little boiling water, rather highly salted. When the marrow has boiled for a minute, drain the water away through a fine strainer.

Have ready a slice of lightly-toasted bread, place the marrow on it, and put it into a Dutch oven before the fire for five minutes, or until it is done. Sprinkle over it a little pepper and salt, and a small teaspoonful of parsley, chopped fine. The toast must be served very hot.

### KIDNEYS SAUTÉS.

Like many other articles of diet, kidneys within the last few years have been doubled in price, and are so scarce as to be regarded as luxuries. The method of cooking them generally in use is extravagant, and renders them tasteless and indigestible. Kidneys should never be cooked rapidly, and those persons who cannot eat them slightly underdone should forego them. One kidney dressed as directed in the following recipe will go as far as two cooked in the ordinary manner—an instance, if one were needed, of the economy of well-prepared food.

Choose fine large kidneys, skin them and cut each the round way into thin slices; each kidney should yield from ten to twelve slices. Have ready a tablespoonful of flour highly seasoned with pepper and salt and well mixed together; dip each piece of kidney in it. Cut some neat thin squares of streaked bacon, fry them *very slowly* in a little butter; when done, put them on the dish for serving, and keep hot whilst you *sauté* the kidneys, which put into the fat the bacon was cooked in. In about a minute the gravy will begin to rise on the upper side, then turn the kidneys and let them finish cooking slowly;

when they are done, as they will be in three to four minutes, the gravy will again begin to rise on the side which is uppermost. Put the kidneys on the dish with the bacon, and pour over them a spoonful or two of plain beef gravy, or water thickened with a little flour, boiled and mixed with the fat and gravy from the kidneys in the frying-pan. If there is too much fat in the pan, pour it away before boiling up the gravy. Serve the kidneys on a hot-water dish.

### TINNED KIDNEYS WITH MUSHROOMS.

(*Tomoana Brand.*)

Dry a half-tin of champignons in a cloth, or, if convenient, prepare a similar quantity of fresh button mushrooms ; add to these a few pieces of dried mushrooms, previously soaked for ten minutes in tepid water, put them into a stewpan with a slice of butter, and stir constantly for six minutes, then add two or three kidneys cut in small neat pieces, in the shape of dice is best, and continue stirring until the kidneys are hot through, taking care to do them slowly ; at the last moment season with pepper and salt, and serve very hot. Garnish the dish with fried sippets of bread.

### KIDNEYS WITH PICCALILLI SAUCE.

(*Tomoana Brand.*)

Take the kidneys out of the gravy, and cut them into six slices. Mix a small teaspoonful of curry powder with three teaspoonsfuls of fine flour and a small pinch of salt. Dip each slice in this mixture,

and when all are done put them in the frying-pan with a little butter, and let them get slowly hot through. When done, put the kidneys in the centre of a hot dish, and pour round them a sauce made as follows: Boil up the gravy of the kidneys, and stir into it sufficient minced piccalilli pickles to make it quite thick, add a teaspoonful of flour to a tablespoonful of the piccalilli vinegar, stir into the sauce, and when all has boiled up together, pour it round the kidneys.

### BROILED KIDNEYS.

These are quite an epicure's dish, and care must be taken to cook them slowly. Having skinned the kidneys (they must not be split or cut) dip them for a moment in boiling fat, place them on the gridiron over a slow fire, turning them every minute. They will take ten to fifteen minutes to cook, and will be done as soon as the gravy begins to run. Place them on a hot dish rubbed over with butter, salt and pepper them rather highly. It must be understood that kidneys thus cooked ought to have the gravy in them, and that when they are cut at table it should run from them freely and in abundance.

### LAMB'S SWEETBREADS.

These make an admirable breakfast dish, and can be partly prepared over-night. Trim and wash the sweetbreads, put them into a saucepan with sufficient well-flavoured stock to cover them, a minced onion and a sprig of lemon-thyme; boil gently for fifteen

minutes, or a little longer if necessary. Take them up, drain, dip in egg and finely-sifted bread-crumbs mixed with a little flour, pepper, and salt. Fry very carefully, so as not to make it brown or hard, some small slices of bacon, keep warm whilst you fry the sweetbreads in the fat which has run from it, adding, if required, a little piece of butter or lard. For a breakfast dish, the sweetbreads should be served without gravy, but if for an *entrée* the liquor in which they were stewed, with slight additions and a little thickening, can be poured round them in the dish. Calves' sweetbreads are prepared in the same manner as the above, and can either be fried, finished in a Dutch oven, or served white, with suitable sauce.

### BROWN FRICASSEE OF CHICKEN.

This is a brown fricassée of chicken, and is an excellent dish. No doubt the reason it is so seldom given is that, although easy enough to do, it requires care and attention in finishing it. Many of the best cooks, in the preparation of chickens for fricassée, cut them up before cooking, but we prefer to boil them whole, and afterwards to divide them, as the flesh thus is less apt to shrink and get dry. The chicken can be slowly boiled in plain water, with salt and onions, or, as is much better, in white broth of any kind. When the chicken is tender cut it up; take the back, and the skin, pinions of the wings, and pieces which do not seem nice enough for a superior dish, and boil them in a quart of the liquor in which

it was boiled. Add mushroom trimmings, onions, and a sprig of thyme ; boil down to one-half, then strain, take off all fat, and stir over the fire with the yolk of two eggs and an ounce of fine flour until thickened. Dip each piece of chicken in some of this sauce, and when they are cold pass them through fine bread-crumbs, then in the yolk of egg, and crumb again. Fry carefully in hot fat. Dish the chicken with a border of fried parsley, and the remainder of the gravy poured round the dish. This dish is generally prepared by French cooks by frying the chicken in oil, and seasoning with garlic ; but unless the taste of the guests is well known, it is safer to follow the above recipe.

### CHICKEN SAUTÉ.

Put any of the meat of the breast or of the wings without bone into a frying-pan with a little fresh butter or bacon fat. Cook them very slowly, turning repeatedly ; if the meat has not been previously cooked it will take ten minutes, and five minutes if a *réchauffé*. Sprinkle with pepper, and serve with mushrooms or broiled bacon. The legs of cooked chickens are excellent *sautés*, but they should be boned before they are put into the pan.

### POTATO HASH.

Put some cold potatoes chopped into the frying-pan with a little fat, stir them about for five minutes, then add to them an equal quantity of cold meat, cut

into neat little squares, season nicely with pepper and salt, fry gently, stirring all the time, until thoroughly hot through.

### DRY CURRY.

Fry a minced onion in butter until lightly browned, cut up the flesh of two cooked chicken legs, or any other tender meat, into dice, mix this with the onions, and stir them together over the fire until the meat is hot through; sprinkle over it about a small teaspoonful of curry-powder, and salt to taste. Having thoroughly mixed the meat with the curry-powder, pour over it a tablespoonful of milk or cream, and stir over the fire until the moisture has dried up. Celery salt may be used instead of plain salt, and some persons add a few drops of lemon-juice when the curry is finished.

### CROQUETTES.

Croquettes of all kinds, fish, game, poultry, or any delicate meats, can be successfully made on the following model: Whatever material is used must be finely minced or pounded. Care is required in making the sauce; if it is too thin it is difficult to mould the croquettes, and ice will be required to set it. Croquettes of game without any flavouring, except a little salt and cayenne, are generally acceptable as a breakfast dish. Preserved lobster makes very good croquettes for an *entrée*, and small scraps of any kind can thus be made into a very good dish. Put one ounce of fine flour into a stewpan with half a gill of cold water, stir this over a slow fire very rapidly until it

forms a paste, then add one ounce of butter, and stir until well incorporated. Mix in a small teaspoonful of essence of shrimps or anchovies, with a pinch of salt and pepper. Take the stewpan off the fire, and stir the yolk of an egg briskly into the sauce ; thoroughly mix it with half-a-pound of pounded fish or meat, spread it out on a plate until it is cool. Flour your hands, take a small piece of the croquette mixture, roll into a ball or into the shape of a cork, then pass it through very finely-sifted and dried bread-crumbs. Repeat the process until all the mixture is used ; put the croquettes as you do them into a wire frying-basket, which shake very gently, when all are placed in it, in order to free them from superfluous crumbs. Have ready a stewpan half-full of boiling fat, dip the basket in, gently moving it about, and taking care the croquettes are covered with fat. In about a minute they will become a delicate brown, and will then be done. Turn them on a paper to absorb any superfluous fat, serve them on a napkin or ornamental dish-paper. No more croquettes than will lie on the bottom of the basket without touching each other should be fried at once.

#### MEAT CAKES À L'ITALIENNE.

Mix very fine any kind of cold meat or chicken, taking care to have it free from skin and gristle, add to it a quarter of its weight of sifted bread-crumbs, a few drops of essence of anchovy, a little parsley, pepper and salt, and sufficient egg to moisten the whole. Flour your hands, roll the meat into little

cakes about the size of a half-crown piece, then flatten the cakes with the back of a spoon, dip them in egg and fine bread-crumbs, and fry them in a little butter until lightly browned on the outside. Put them on a hot dish and garnish with boiled Italian paste.

### RAISED PORK PIE.

Take a pound of meat, fat and lean, from the chump end of a fine fore-loin of pork, cut it into neat dice, mix a tablespoonful of water with it, and season with a large teaspoonful of salt and a small one of black pepper. To make the crust, boil a quarter of a pound of lard or clarified dripping in a gill and a half of water, and pour it hot on to one pound of flour, to which a good pinch of salt has been added. Mix into a stiff paste, pinch off enough of it to make the lid, and keep it hot. Flour your board and work the paste into a ball, then with the knuckles of your right hand press a hole in the centre, and mould the paste into a round or oval shape, taking care to keep it a proper thickness. Having put in the meat, join the lid to the pie, which raise lightly with both hands so as to keep it a good high shape, cut round the edge with a sharp knife, and make the trimmings into leaves to ornament the lid; and having placed these on, with a rose in the centre, put the pie on a floured baking-sheet and brush it over with yolk of egg.

The crust of the pie should be cool and set before putting it into the oven, which should be a moderate heat. When the gravy boils out the pie is done. An

hour and a half will bake a pie of this size. Make a little gravy with the bones and trimmings of the pork, and to half-a-pint of it add a quarter of an ounce of Nelson's Gelatine, and nicely season with pepper and salt. When the pie is cold remove the rose from the top, make a little hole, insert a small funnel, and pour in as much gravy as the pie will hold. Replace the rose on the top, and put the pie on a dish with a cut paper.

If preferred, the pie can be made in a tin mould; but the crust is nicer raised by the hand. A great point to observe is to begin moulding the crust whilst it is hot, and to get it finished as quickly as possible.

#### VEAL AND HAM PIE.

Prepare the crust as for a pork pie. Cut a pound of veal cutlet and a quarter of a pound of ham into dice, season with a teaspoonful of salt and another of black pepper, put the meat into the crust, and finish as for pork pie. Add a quarter of an ounce of Nelson's Gelatine to a teacupful of gravy made from the veal trimmings.

#### CHICKEN IN ASPIC JELLY.

Cut the white part of a cold boiled chicken, and as many similar pieces of cold ham, into neat rounds, not larger than a florin. Run a little aspic jelly into a fancy border mould, allow it to set, and arrange a decoration of boiled carrot and white savoury custard cut crescent shape, dipping each piece in melted aspic. Pour in a very little more jelly, and when it is

set place the chicken and ham round alternately, with a sprig of chervil, or small salad, here and there. Put in a very small quantity of aspic to keep this in place, then, when nearly set, sufficient to cover it. Arrange another layer, this time first of ham then of chicken, fix them in the same way, and fill up the mould with aspic jelly. When the dish is turned out fill the centre with cold green peas, nicely seasoned, and garnish round with chopped aspic and little stars of savoury custard. To make this, dissolve a quarter of an ounce of Nelson's Gelatine in a gill of milk over the fire, and stir in a gill of thick cream, season to taste with cayenne pepper and salt, and, if liked, a little grate of nutmeg. Pour the custard on to a large dish, and when cold cut it into the required shapes.

#### LITTLE ASPIC CREAMS.

Pour a small quantity of melted aspic jelly into some small cutlet-shaped moulds. Pick the meat from a cold boiled chicken and pound with about an ounce of butter, season with salt and pepper, and rub it through a wire sieve. Take the passed chicken very carefully from the under part of the sieve and put a portion into each mould, pour in a little dissolved aspic jelly, and when this is firm, fill up the moulds with it and place them on the ice, or in a cool place to set. Fill a plain round border mould, one with an indented top, with aspic; and when it is set turn it on to a dish and arrange the little moulds of chicken in a circle on the top with

an oval scallop of cold, red tongue between each. Fill the centre with a cold vegetable salad, and garnish the base with chopped aspic.

### CREAM OF CHICKEN WITH TOMATO.

Prepare a cream of chicken as in the foregoing recipe ; but steam it in a mould which has a pipe in the centre. Decorate a plain round mould in a tasteful design with cut truffles. Place the cream of chicken in the mould, and fix it with a little melted aspic jelly ; when firm, fill the space in the centre with some cold tomato aspic, which is made by mixing a tablespoonful of stiffly reduced tomato purée with half a gill of liquid aspic. When the tomato has set, fill up the space between the cream and the mould with dissolved aspic, and put it in a cool place to set. When ready to serve, turn the cream on to a dish, and garnish with chopped aspic and sprigs of chervil.

### CHAUDFROID OF PIGEONS.

Bone three young pigeons from the neck and fill them with the following forcemeat : Fry the livers of the birds with a slice of fat bacon, allow them to cool, then pound with about half-a-pound of raw white veal, two ounces of butter, and three ounces of scraped fat bacon, season with salt and pepper, add one whole egg and two yolks. Then work the forcemeat with the pestle until it is thoroughly amalgamated and quite smooth. After filling the

birds with the forcemeat, tie a band of buttered paper round each to keep them in shape, and braise the birds in stock with the usual complement of vegetables and spices. When the pigeons are cold, drain them from the liquor, divide each one in two lengthways, and mask the outside part with dissolved aspic jelly mixed with a spoonful of stiff tomato purée. Allow the glaze to set, then arrange the pigeons on a thick border of chopped aspic, and garnish the centre with a cold macedoine of vegetables seasoned with oil, vinegar, salt and pepper.

### VEAL CUTLETS IN WHITE SAUCE.

Cut six or seven cutlets, about half-an-inch thick, from a neck of veal, braise them in half-a-pint of good white stock with an onion, a small bunch of herbs, a bacon bone, and two or three peppercorns, until they are done. Let the cutlets get cool in the liquor, then drain them. Strain the liquor and make a white sauce with it ; add a tablespoonful of thick cream and a quarter of an ounce of Nelson's Gelatine, dissolved in a gill of milk ; season with salt and cayenne pepper, stirring occasionally until quite cold. Dip the cutlets in, smoothly coating one side, and before the sauce sets decorate them with very narrow strips of truffle in the form of a star. Cut as many pieces of cooked tongue or ham as there are cutlets, dish them alternately in a circle on a border of aspic, fill the centre with a salad composed of all kinds of cold cooked vegetables, cut with a pea-shaped cutter and seasoned with oil,

vinegar, pepper, and salt. Garnish with aspic jelly cut lozenge shape and sprigs of chervil.

### STUFFED SHOULDER OF LAMB.

Remove the bones, except the knuckle, from a shoulder of lamb by cutting round the edge of the meat, keeping the upper and under parts entire. Take out as much of the meat as possible without damaging the skin, and pass it through the mincing machine with half-a-pound of white veal, mix the meat thoroughly in the mortar, adding about six ounces of scraped fat bacon, and season with salt and pepper. Lay the boned shoulder, skin downwards, on the board and cover the interior with the prepared forcemeat, sprinkle with chopped parsley and arrange a layer of slices of cold boiled streaky bacon and hard-boiled eggs on the forcemeat, cover with another layer of forcemeat, sprinkle again with parsley, and close it in with the under part of the meat and sew it round the edge with a small trussing-needle and fine string. Fix the knuckle in an upright position with a skewer, cover the meat with a buttered paper, and braise it with stock and vegetables for two hours. Allow it to cool in the liquor, then wipe free from moisture, draw out the string and glaze the shoulder with nice clear glaze. Put a paper frill on the knuckle, place on a dish and garnish with aspic jelly and sprigs of parsley.

### MAYONNAISE OF LAMB.

A nice way to use a cold neck of lamb is to cut it into cutlets, trim them neatly and dip each one in mayonnaise sauce which has been mixed with a little cold melted aspic jelly, sprinkle them alternately with minced ham and gherkin. Arrange the cutlets on a border of chopped aspic jelly, with a nice fresh salad in the centre. Garnish the base with sliced tomatoes and picked watercress.

### CHICKEN AND MAYONNAISE CREAM.

Cut about two ounces of the breast of a cold chicken into neat dice-shaped pieces, season with pepper and salt, and put them with a cream made as follows: Boil half-a-pint of milk or thin cream, which pour on to an egg lightly beaten, add a pinch of salt, stir over the fire until it is thick, when add a quarter of an ounce of Nelson's Brilliant Gelatine, stirring until dissolved. When the cream is on the point of setting, stir in a teaspoonful of tarragon vinegar, and, if liked, a little French vinegar, with cayenne pepper and salt to taste. Put a layer of the cream at the bottom of a plain mould, and when it is set place the chicken on it. Fill up the mould with the cream, which will be ready for use as soon as perfectly cold. Ornament when turned out with aspic jelly and small salad. It is an improvement to set the chicken before putting in the mould with a little aspic jelly.

## PUDDINGS.

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### CUSTARD PUDDING.

WE give this pudding first because it affords an opportunity for giving hints on making milk puddings generally, and because, properly made, there is no more delicious pudding than this. It is besides most useful and nutritious, not only for the dinner of healthy people, but for children and invalids. But few cooks, however, make it properly ; as a rule too many eggs are used, to which the milk is added cold, and the pudding is baked in a quick oven. The consequence is that the pudding curdles and comes to table swimming in whey ; or, even if this does not happen, the custard is full of holes and is tough.

In the first place, milk for all puddings with eggs should be poured on to the eggs boiling hot ; in the next, the baking must be very slowly done, if possible, as directed in the recipe ; the dish containing the pudding to be placed in another half-full of water. This, of course, prevents the baking proceeding too rapidly, and also prevents the pudding acquiring a sort of burned greasy flavour, which is injurious for invalids. Lastly, too many eggs should not be used ; the quantity given, two to the pint of milk, is in all cases quite sufficient, and will make a fine rich custard.

We never knew a pudding curdle, even with London milk a day old, if all these directions were observed ; but it is almost needless to say, that the pudding made with new rich milk is much finer than one of inferior milk.

Boil a pint and a half of milk with two ounces of lump sugar, or rather more if a sweet pudding is liked, and pour it boiling hot on three eggs lightly beaten—that is, just sufficiently so to mix whites and yolks. Flavour the custard with nutmeg, grated lemon-peel, or anything which may be preferred, and pour it into a tart-dish. Place this dish in another three-parts full of boiling water, and bake slowly for forty minutes, or until the custard is firm. There is no need to butter the dish if the pudding is baked as directed.

### SOUFFLÉ PUDDING.

This is a delicious pudding, and to ensure its success great care and exactness are required. In the first place, to avoid failure it is necessary that the butter, flour, sugar, and milk should be stirred long enough over a moderate fire to make a stiff paste, because if this is thin the eggs will separate, and the pudding when done resemble a batter with froth on the top.

Before beginning to make the pudding, prepare a pint tin by buttering it inside and fastening round it with string on the outside a buttered band of writing-paper, which will stand two inches above the tin and prevent the pudding running over as it rises. Melt an ounce of butter in a stewpan, add one ounce of sifted sugar, stir in an ounce and a half of Hungarian flour, mix well together, add a gill of milk, and stir over the fire with a wooden spoon until it boils and is thick. Take the stewpan off the fire, beat up the yolks of three eggs with half a teaspoonful of extract

of vanilla, and stir a little at a time into the paste, to ensure both being thoroughly mixed together. Put a small pinch of salt to the whites of four eggs, whip them as stiff as possible, and stir lightly into the pudding, which pour immediately into the prepared mould. Have ready a saucepan with enough boiling water to reach a little way up the tin, which is best placed on a trivet, so that the water cannot touch the paper band. Let the pudding steam very gently for twenty minutes, or until it is firm in the middle, and will turn out.

For sauce, boil two tablespoonfuls of apricot jam in a gill of water, with two ounces of lump sugar, stir in a wine-glassful of sherry, add a few drops of Nelson's Vanilla Flavouring, pour over the pudding and serve.

### OMELET SOUFFLÉ.

Put the yolks of two eggs into a basin with an ounce of sifted sugar and a few drops of Nelson's Vanilla Essence; beat the yolks and sugar together for six minutes, or until the mixture becomes thick. Then whip the whites very stiff, so that they will turn out of the basin like a jelly. Mix the yolks and whites lightly together, have ready an ounce of butter dissolved in the omelet-pan, pour in the eggs, hold this pan over a slow fire for two minutes, then put the frying-pan into a quick oven and bake until the omelet has risen; four minutes ought to be sufficient to finish the omelet in the oven; when done, slide it on to a warm dish, double it, sift sugar over, and serve instantly.

**SPONGE SOUFFLÉ.**

Cover the bottom of a tart-dish with sponge-cakes, pour over a little brandy and sherry ; put in a moderate oven until hot, then pour on the cakes an egg whip made of two packets of Nelson's Albumen, beaten to a strong froth with a little sugar. Bake for a quarter of an hour in a slow oven.

**CABINET PUDDING.**

Butter very thickly a pint pudding-basin, and cover it neatly with stoned muscatel raisins, the outer side of them being kept to the basin. Lightly fill up the basin with alternate layers of sponge-cakes and ratafias, and when ready to steam the pudding, pour by degrees over the cake a custard made of half-a-pint of boiling milk, an egg, three lumps of sugar, a tablespoonful of brandy, and a little of Nelson's Essence of Lemon. Cover the basin with a paper cap and steam or boil gently for three-quarters of an hour. Great care should be taken not to boil puddings of this class fast, as it renders them tough and flavourless.

**BRANDY SAUCE.**

Mix a tablespoonful of fine flour with a gill of cold water, put it into a gill of boiling water, and, having stirred over the fire until it is thick, add the yolk of an egg. Continue stirring for five minutes, and sweeten with two ounces of castor sugar. Mix a wine-glass of brandy with two tablespoonfuls of sherry, stir it into the sauce, and pour it round the pudding. If liked, a grate of nutmeg may be added to the sauce,

and, if required to be rich, an ounce of butter may be stirred in before the brandy.

### WARWICKSHIRE PUDDING.

Butter a pint-and-a-half tart-dish, lay in it a layer of light bread, cut thin, on this sprinkle a portion of two ounces of shred suet, and of one ounce of lemon candied-peel, chopped very fine. Fill the dish lightly with layers of bread, sprinkling over each a little of the suet and peel.

Boil a pint of milk with two ounces of sugar, pour it on two eggs, beaten for a minute, and add it to the pudding just before putting it into the oven ; a little of Nelson's Essence of Lemon or Almonds may be added to the custard. Bake the pudding in a very slow oven for an hour.

### VANILLA RUSK PUDDING.

Dissolve, but do not oil, an ounce of butter, mix in a quarter of a pound of sifted sugar, stir over the fire for a few minutes, add an egg well beaten, and half a teaspoonful of Nelson's Vanilla Extract, or as much as will give a good flavour to the paste, which continue stirring until it gets thick.

Spread four slices of rusk with the vanilla paste, put them in a buttered tart-dish. Boil half-a-pint of new milk, pour it on to an egg well beaten, then add it to the rusk, and put the pudding to bake in a slow oven for an hour. Turn out when done, and sift sugar over the pudding. If a superior pudding is desired, boil a tablespoonful of apricot jam in a

teacupful of plain sugar syrup, add a little vanilla flavouring, and pour over the pudding at the moment of serving.

### JUBILEE PUDDING.

Pour half-a-pint of boiling milk on an ounce of ground rice, stir over the fire for ten minutes, add half-an-ounce of butter, the yolks of two eggs, an ounce of castor sugar, and six drops of Nelson's Essence of Almonds. Put the pudding into a buttered pie-dish, and bake in a moderate oven for a quarter of an hour. When taken from the oven, spread over it a thin layer of apricot jam, and on this the whites of the eggs beaten to a strong froth, with half-an-ounce of castor sugar. Return the pudding to a slow oven for about four minutes, in order to set the meringue.

### NATAL PUDDING.

Dissolve half-an-ounce of Nelson's Gelatine in half-a-pint of cold water, flavour with Nelson's Essence of Lemon, add a small teaspoonful of Nelson's Citric Acid, the beaten yolks of three eggs, and six ounces of lump sugar dissolved in half-a-pint of boiling water. Stir the mixture over the fire until it thickens, taking care that it does not boil. Have ready the whites of the eggs well whisked, stir all together, pour into a fancy mould, which put into a cold place until the pudding is set.

### QUEEN'S PUDDING.

Half-a-pound of bread-crumbs, a pint of new milk, two ounces of butter, the yolks of four eggs, and three drops of Nelson's Essence of Lemon. Boil the

bread-crumbs and milk together, then add the sugar, butter, and eggs ; when these are well mixed, bake in a tart-dish until a light brown. Then put a layer of strawberry jam, and on the top of this the whites of the eggs beaten to a stiff froth, with a little sifted sugar. Smooth over the meringue with a knife dipped in boiling water, and bake for ten minutes in a slow oven.

### CHOCOLATE PUDDING.

Boil half-a-pound of light stale bread in a pint of new milk. Stir continually until it becomes a thick paste ; then add an ounce of butter, a quarter of a pound of sifted sugar, and two large teaspoonfuls of Van Houten's Cocoa, with a little Nelson's Essence of Vanilla. Take the pudding off the fire, and mix in, first, the yolks of three eggs, then the whites beaten to a strong froth. Put into a buttered tart-dish and bake in a moderate oven for three-quarters of an hour.

### COCOA-NUT PUDDING.

Choose a large nut, with the milk in it, grate it finely, mix it with an equal weight of finely-sifted sugar, half its weight of butter, the yolks of four eggs, and the milk of the nut. Let the butter be beaten to a cream, and when all the other ingredients are mixed with it, add the whites of the eggs, whisked to a strong froth. Line a tart-dish with puff-paste, put in the pudding mixture and bake slowly for an hour. Butter a sheet of paper and cover the top of the pudding, as it should not get brown.

### RASPBERRY AND Currant PUDDING.

Stew raspberries and currants with sugar and water, taking care to have plenty of juice. Cut the crumb of a stale tin-loaf in slices about half-an-inch thick and put in a pie-dish, leaving room for the bread to swell, with alternate layers of fruit, until the dish is full. Then put in as much of the juice as you can without causing the bread to rise. When it is soaked up put in the rest of the juice, cover with a plate, and let the pudding stand until the next day. When required for use turn out and pour over it a good custard or cream. The excellence of this pudding depends on there being plenty of syrup to soak the bread thoroughly. This is useful when pastry is objected to.

### THE CAPITAL PUDDING.

Shred a quarter of a pound of suet, mix it with half-a-pound of flour, one small teaspoonful each of baking-powder and carbonate of soda, then add four tablespoonfuls of strawberry or raspberry jam, and stir well with a gill of milk. Boil for four hours in a high mould, and serve with wine or fruit sauce. The latter is made by stirring jam into thin butter sauce.

### ITALIAN FRITTERS.

Cut slices of very light bread half-an-inch thick, with a round paste-cutter, divide them into neat shapes all alike in size. Throw them into boiling fat and fry quickly of a rich golden brown, dry them on paper, place on a dish, and pour over orange or lemon syrup, or any kind of preserve made hot.

Honey or golden syrup may be used for those who like them.

### DUCHESS OF FIFE'S PUDDING.

Boil two ounces of rice in a pint of milk until quite tender. When done, mix with it a quarter of an ounce of Nelson's Gelatine dissolved in a tablespoonful of water. Line the inside of a plain mould with the rice, and when it is set fill it up with half-a-pint of cream, whipped very stiff and mixed with some nice preserve, stewed fruit, or marmalade. After standing some hours turn out the pudding, and pour over it a delicate syrup made of the same fruit as that put inside the rice.

### ICE PUDDING.

Dissolve over the fire a quarter of an ounce of Nelson's Gelatine in a pint of milk, add the yolks of three eggs, two ounces of loaf sugar, flavour highly with Nelson's Essence of Vanilla, and stir over the fire until thickened. When cold, freeze lightly. Then mix in thoroughly half-a-pint of whipped cream, and again freeze the mixture. Have ready two ounces of dried cherries and sliced pineapple, and two ounces of royal biscuits. Place a plain mould on the ice, and put in first a layer of the iced custard, then one of sweetmeats and biscuits, and so on until the mould is full, pressing down each layer. Place a buttered paper on the top, closely cover the mould, which imbed in ice until wanted.

### APPLE FOOL.

Bake good sharp apples ; when done, remove the pulp and rub it through a sieve, sweeten and flavour lightly with Nelson's Essence of Lemon ; when cold, add to it a custard made of eggs and milk, or milk or cream sweetened will be very good. Keep the fool quite thick. Serve with rusks or sponge finger biscuits.

### APPLE MERINGUE.

Beat up two packets of Nelson's Albumen with six small teaspoonfuls of water, and stir them into half-a-pound of stiff apple-sauce flavoured with Nelson's Essence of Lemon. Put the meringue on a bright tin or silver dish, pile it up high in a rocky shape, and bake in a quick oven for ten minutes.

### COMPOTE OF PRUNES.

Wash the fruit in warm water, put it on to boil in cold water in which lump sugar has been dissolved. To a pound of prunes put half-a-pound of sugar, a pint of water, three drops of Nelson's Essence of Lemon, and half a teaspoonful of Nelson's Citric Acid. Let them simmer for an hour, or until so tender that they will mash when pressed. Strain the fruit and set it aside. Boil the syrup until it becomes very thick and is on the point of returning to sugar, then pour it over the prunes, turn them about so that they become thoroughly coated, taking care not to break them, let them lie for twelve hours, then pile up on a glass dish for dessert.

## ON JELLY-MAKING

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IT is within the memory of many persons that jelly was only to be made from calves' feet by a slow, difficult, and expensive process. There is, indeed, a story told of the wife of a lawyer, early in this century, having appropriated some valuable parchment deeds to make jelly, when she could not procure calves' feet. But the secret that it could be so made was carefully guarded by the possessors of it, and it was not until the introduction of Nelson's Gelatine that people were brought to believe that jelly could be made other than in the old-fashioned way. Even now there is a lingering superstition that there is more nourishment in jelly made of calves' feet than that made from Gelatine. The fact is, however, that Gelatine is equally nutritious from whatever source it is procured. Foreign Gelatine, as is well known, does sometimes contain substances which, if not absolutely deleterious, are certainly undesirable ; but Messrs. Nelson warrant their Gelatine of equal purity with that derived from calves' feet.

It is unnecessary to enlarge on the economy both in time and money of using Gelatine, or the more certain result obtained from it. If the recipe given for making "a quart of jelly" is closely followed, a most excellent and brilliant jelly will be produced. Many cooks get worried about their jelly-bags, and

are much divided in opinion as to the best kind to use. It is not a point of great consequence whether a felt or close flannel is selected. We incline to the latter, which must be of good quality, and if the material is not thick, it should be used double.

When put away otherwise than perfectly clean and dry, or when stored in a damp place, flannel bags are sure to acquire a strong mouldy flavour, which is communicated to all jelly afterwards strained through them.

The great matter, therefore, to observe in respect of the jelly-bag, is that it be put away in a proper condition, that is, perfectly free from all stiffness and from any smell whatever.

As soon as the bag is done with, turn it inside out, throw it into a pan of boiling water, stir it about with a spoon until it is cleansed. Then, have another pan of boiling water, and again treat the bag in the same manner. Add as much cold water as will enable you to wring the bag out dry, or it can be wrung out in a cloth. This done, finally rinse in hot water, wring, and, if possible, dry the bag in the open air. See that it is perfectly free from smell; if not, wash in very hot water again. Wrap the bag in several folds of clean paper and keep it in a dry place.

A thing to be observed is that, if the jelly is allowed to come very slowly to boiling-point it will be more effectually cleared, as the impurities of the sugar and the thicker portions of the lemons thus rise more surely with the egg than if this part of the process is too rapidly carried out. In straining, if the jelly is

well made, it is best to pour all into the bag at one time, doing it slowly, so as not to break up the scum more than necessary. Should the jelly not be perfectly bright on a first straining, it should be kept hot, and slowly poured again through the bag. The contents of the bag should not be disturbed, nor should the slightest pressure be applied, as this is certain to cloud the jelly. If brandy is used, it should be put in after the jelly is strained, as by boiling both the spirit and flavour of it are lost.

IN ORDER THAT JELLY MAY TURN OUT WELL, DO NOT PUT IT INTO THE MOULD UNTIL IT IS ON THE POINT OF SETTING. If attention is paid to this there will never be any difficulty in getting jelly to turn out of a mould, and putting it into hot water or using hot cloths will be unnecessary. A mould should be used as cold as possible, because then when the jelly comes into contact with it, it is at once set and cannot stick. Any kind of mould may be used. If the direction to put the jelly in *when just setting* is followed, it will turn out as well from an earthenware as from a copper mould.

It should be unnecessary to say that the utmost cleanliness is imperative to ensure the perfection of jelly. So delicate a substance not only contracts a disagreeable flavour, but is rendered cloudy by the least touch of any greasy spoon, or by a stewpan which has not been properly cleansed.

### HOW TO USE GELATINE.

There are a few points connected with the use of Gelatine for culinary purposes which cannot be too strongly impressed upon housekeepers and cooks.

1. Nelson's Opaque Gelatine should always be soaked in cold water till it is thoroughly saturated—say, till it is so soft that it will tear with the fingers—whether this is specified in the recipe or not.

2. Nelson's Opaque Gelatine being cut very fine will soak in about an hour, but whenever possible it is desirable to give it a longer time. When convenient, it is a good plan to put Gelatine to soak over-night. It will then dissolve in liquid below boiling-point. Nelson's Leaf Gelatine and Nelson's Brilliant Gelatine can be used without soaking.

When jelly has to be cleared with white of egg do not boil it longer than necessary. Two minutes is quite sufficient to set the egg and clarify the jelly.

Use as little Gelatine as possible ; that is to say, never use more than will suffice to make a jelly strong enough to retain its form when turned out of the mould. The prejudice against Gelatine which existed in former years was doubtless caused by persons unacquainted with its qualities using too large a quantity, and producing a jelly hard, tough, and unpalatable, which compared very unfavourably with the delicate jellies they had been accustomed to make from calves' feet, the delicacy of which arose from the simple fact that the Gelatine derived from calves' feet is so weak that it is almost impossible to make the jellies too strong.

Persons accustomed to use Gelatine will know that its "setting" power is very much affected by the temperature. In the recipes contained in the following pages the quantity of Gelatine named is that which experience has shown to be best suited to the average temperature of this country. In hot weather and foreign climates a little more Gelatine should be added.

#### TO MAKE A QUART OF BRILLIANT JELLY.

Soak the contents of a sixpenny packet of Nelson's Opaque Gelatine in half-a-pint of cold water for two or three hours, and then add the same quantity of boiling water ; stir until dissolved, and add the juice and peel of two lemons, with wine and sugar sufficient to make the whole quantity one quart ; have ready the white and shell of an egg, well beaten together, or a packet of Nelson's Albumen, and stir these briskly into the jelly ; boil for two minutes without stirring it ; remove from the fire, allow it to stand two minutes, and strain through a close flannel bag. Let it be on the point of setting before putting into the mould.

#### AN ECONOMICAL JELLY.

For general family use it is not necessary to clear jelly through the bag, and a quart of excellent jelly can be made as follows : Soak the contents of a sixpenny packet of Nelson's Gelatine in half-a-pint of cold water for two or three hours, then add a three-penny packet of Nelson's Citric Acid and three-quarters of a pound of loaf sugar ; pour on half-a-pint

of boiling water and half-a-pint of sherry, orange, or other wine (cold), and add one-twelfth part of a bottle of Nelson's Essence of Lemon; stir for a few minutes before pouring into the moulds.

The effect of citric acid in the above quantity is to make the jelly clearer. When this is not of consequence, a third of a packet can be used, and six ounces of sugar. Wine can be omitted if desired, and water substituted for it. Ginger beer makes an excellent jelly for those who do not wish for wine, and hedozine is also very good.

### JELLY WITH FRUIT.

This is an elegant sweetmeat, and with clear jelly and care in moulding, can be made by inexperienced persons, particularly if Nelson's Bottled Jelly is used. If the jelly is home-made the recipe for making a "quart of jelly" will be followed. When the jelly is on the point of setting, put sufficient into a cold mould to cover the bottom of it. Then place in the centre, according to taste, any fine fruit you choose, a few grapes, cherries, strawberries, currants, anything you like, provided it is not too heavy to break the jelly. Put in another layer of jelly, and when it is set enough, a little more fruit, then fill up your mould with jelly, and let it stand for some hours.

### JELLIES WITH STRAWBERRIES.

Pour in sufficient dissolved clear jelly to just cover the bottom of a dozen small fancy moulds; when it has partly set, put a large ripe strawberry in each,

adding a very little jelly to keep them in position, and when they are quite firm fill the moulds with jelly, and allow them to set. Turn the jellies on to a thick border of finely-chopped jelly, pile some stiffly-whipped cream in the centre, garnish with fresh strawberries, and put a little chopped jelly round.

### JELLY WITH RASPBERRY CREAM.

Pour a little melted clear jelly into a round fancy mould, and when it has quite set, place a jam pot half full of cold water in the centre, fill the space round the jar with jelly, and leave it until firm. Remove the jar by pouring in a little hot water and giving it a slight twist. Fill the cavity with raspberry cream, and place it aside until wanted for table, then turn on to a dish and serve with a compôte of raspberries round. To make the cream, pick a pound of ripe raspberries into a basin, reserving a few of the best for the compôte, bruise the remainder with four ounces of pounded sugar, rub them through a hair sieve and mix the purée with a gill of stiffly-whipped cream and half-an-ounce of Nelson's Gelatine dissolved. For the compôte put four ounces of loaf sugar into a stewpan with a gill of water, allow it to dissolve, then boil for ten minutes, add the picked raspberries, cover closely, and place the stewpan on the ice for an hour before it is wanted.

### RIBBON JELLY.

Soak the contents of a sixpenny packet of Nelson's Patent Gelatine in half-a-pint of cold water for twenty

minutes, then add the same quantity of boiling water. Stir until dissolved, and add the juice and peel of two lemons, with wine and sugar sufficient to make the whole quantity one quart. Have ready the white and shell of an egg, well beaten together, and stir these briskly into the jelly ; then boil for two minutes without stirring, and remove it from the fire ; allow it to stand two minutes, then strain it through a close flannel bag. Divide the jelly in two equal parts, leaving one pint of a yellow colour, and adding a few drops of prepared cochineal to colour the remainder a bright red. Put a small quantity of red jelly into a mould previously soaked in cold water. Let this set, then pour in a small quantity of the pale jelly, and repeat this until the mould is full, taking care that each layer is perfectly firm before pouring in the other. Put it in a cool place, and the next day turn it out. Or, the mould may be partly filled with the yellow jelly, and when this is thoroughly set, fill up with the red.

Ribbon jelly and jelly of two colours can be made in any pretty fancy mould (there are many to be had for the purpose) ; of course one colour must always be perfectly firm before the other is put in, or the effect would be spoilt by the two colours running into each other. Ribbon jelly can be made with two kinds of Nelson's Bottled Jelly. The Sherry will be used for the pale, and Cherry or Port Wine jelly for the red colour. Thus an elegant jelly will be made in a few minutes.

### CLARET JELLY.

Dissolve the contents of a sixpenny packet of Nelson's Patent Gelatine in half-a-pint of water. Add three-quarters of a pound of sugar, a pot of redcurrant jelly, and a bottle of good ordinary claret, and stir over the fire till the sugar is dissolved. Beat the whites and shells of three eggs, stir them briskly into the preparation, boil for two minutes longer, take it off the fire, and when it has stood for two minutes pass it through the bag. This should be a beautiful red jelly, and perfectly clear.

### COFFEE JELLY.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in a quart of water with half-a-pound of sugar. Clear it with white of egg, and run through a jelly-bag as directed for making "a quart of brilliant jelly." This done, stir in a tablespoonful, or rather more if liked, of very strong essence of coffee. Or, instead of dissolving the Gelatine in water, use strong coffee.

### COCOA JELLY.

Make half-a-pint of cocoa from the nibs, taking care to have it clear. Dissolve half-an-ounce of Nelson's Gelatine in half-a-pint of water; add a quarter of a pound of sugar, dissolve, and clear the jelly with the whites and shells of two eggs in the usual way. Flavour with Nelson's Essence of Vanilla after the jelly has been through the bag.

When a clear jelly is not required, the cocoa can

be made of Van Houten's Cocoa, double the quantity required for a beverage being used. Mix this with half-an-ounce of Nelson's Gelatine and flavour with Nelson's Essence of Vanilla.

### ORANGES FILLED WITH JELLY.

Cut a small round from the stalk end of each orange, and scoop out the inside. Throw the skins into cold water for an hour to harden them, drain, and when quite dry inside, half fill with pink jelly, put in a cool place, and when the jelly is firm, fill up with pale jelly or blanc-mange ; set aside again, and cut into quarters before serving. Arrange with a sprig of myrtle between each quarter. Use lemons instead of oranges if preferred.

### ORANGE FRUIT JELLY.

Boil half-a-pound of lump sugar in a gill of water until melted. Stir in half-an-ounce of Nelson's Gelatine, previously soaked in a gill of cold water ; when it is dissolved beat a little, and let it stand until cold. Rub four lumps of sugar on the peel of two fine oranges, so as to get the full and delicate flavour ; add this sugar with the juice of a lemon and sufficient orange juice strained to make half-a-pint to the above. Beat well together, and when on the point of setting, add the fruit of two oranges prepared as follows : Peel the oranges, cut away all the white you can without drawing the juice, divide the orange in quarters, take out seeds and all pith, and cut the quarters into three or four pieces. Mix these with

the jelly, which at once put into a mould, allowing it to stand a few hours before turning out.

### APPLE JELLY.

Take one pound of apples, peel them with a sharp knife, cut each in half, take out the core, and cut the fruit into small pieces. Place the apples in a stewpan, with three ounces of lump sugar, half-a-pint of water, a small teaspoonful of Nelson's Citric Acid, and three drops of Nelson's Essence of Lemon. Put the stewpan on the fire, and boil the apples till they are quite tender, stirring occasionally to prevent the fruit sticking to the bottom of the pan ; or the apples can be steamed in a potato-steamer, afterwards adding the acid, flavouring, and sugar. Dissolve the contents of a sixpenny packet of Nelson's Gelatine in a gill of water, and when the apples are cooked to a pulp, place a hair sieve over a basin and rub them through with a wooden spoon ; stir the melted Gelatine into the pulp, taking care that it is quite smoothly dissolved. If liked, colour part of the apples by stirring in half a spoonful of cochineal colouring.

Rinse a pint-and-a-half mould in boiling water, and then in cold water ; ornament the bottom of the mould with pistachio nuts cut in small pieces, or preserved cherries, according to taste. When on the point of setting put the apples into the mould, and if any part of the apples are coloured, fill the mould alternately with layers of coloured and plain apples. Stand the mould aside in a cool place to set the apples, then turn out the jelly carefully on a dish,

and send to table with cream whipped to a stiff froth.

#### APPLE AND TOMATO JELLY.

Slice a pound of apples into a pint of water, add a few strips of lemon-peel, let them boil, then simmer gently until reduced to half-a-pint. Drain, without pressure, through a hair sieve until the next day, when boil up the liquor, which should be half-a-pint, add half-a-pound of loaf sugar, boil and skim. Simmer this for half an hour, then add a teacupful of tomato purée and a quarter of an ounce of Nelson's Gelatine dissolved. When cool pour into a fancy mould, and turn out when set.

#### LEMON SPONGE.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in one pint of water, add the rind of two lemons thinly pared, three-quarters of a pound of lump sugar, and the juice of three lemons; boil all together two minutes, strain it and let it remain till nearly cold, then add the whites of two eggs well beaten, and whisk ten minutes, when it will become the consistence of sponge. Put it lightly into a glass dish immediately, leaving it in appearance as rocky as possible.

This favourite sweetmeat is also most easily and successfully made with Nelson's Lemon Sponge. Dissolve the contents of a tin in half-a-pint of boiling water, let it stand until it is on the point of setting, then whip it until very white and thick.

If any difficulty is experienced in getting the Lemon

Sponge out of the tin, set it in a saucepan of boiling water for fifteen minutes. In cold weather also, should the sponge be slow in dissolving, put it in a stewpan with the boiling water and stir until dissolved ; but do not boil it. It is waste of time to begin whipping until the sponge is on the point of setting. A gill of sherry may be added if liked, when the whipping of the sponge is nearly completed. Put the sponge into a mould rinsed with cold water. It will be ready for use in two or three hours. A very pretty effect is produced by ornamenting this snow-white sponge with preserved barberries, or cherries, and a little angelica cut into pieces to represent leaves.

#### TAPIOCA JELLY.

Put two ounces of French tapioca into a jar with half-a-pint of cold water. Set the jar in a saucepan of water, and keep it boiling. When the tapioca begins to thicken, stir in another half-pint of water ; let it boil gently for an hour, stirring occasionally. Flavour with Nelson's Essence of Vanilla, or, if preferred, Nelson's Essence of Almonds. Sweeten to taste, and pour into a mould to set. If approved, a little sherry or brandy may be added to this jelly, which is nice eaten with stewed fruit or cream.

#### DUTCH FLUMMERY.

Dissolve the contents of a sixpenny packet of Nelson's Patent Gelatine in a pint of water in a saucepan over the fire, add six drops of Nelson's Essence of Lemon, and three-quarters of a pound

of lump sugar. Mix half a threepenny packet of Nelson's Citric Acid with a pint of raisin or sherry wine, beat into this the yolks of three eggs, gradually and thoroughly stir this with the gelatine and sugar, boil for less than a minute, stir occasionally until cold, when pour into moulds.

### ASPIC JELLY.

Were it not for the trouble of making Aspic Jelly, it would be more generally used than it is, for it gives not only elegance but value to a number of cold dishes. We have now the means of making this with the grea'est ease, rapidity, and cheapness. Dissolve the contents of a sixpenny packet of Nelson's Gelatine and that of a tin of Nelson's Extract of Meat in a quart of boiling water over the fire, add a large teaspoonful of salt, a tablespoonful each of French and tarragon vinegar. Wash the shell of an egg before breaking it, beat up white and shell to a strong froth, and stir into the aspic. Let it come slowly to the boil, and when it has boiled two minutes, let it stand for another two minutes, then strain through a flannel bag kept for the purpose. If a stiff aspic is required, use rather less water.

### HOW TO MAKE A JELLY-BAG.

The very stout flannel called double-mill, used for ironing blankets, is a good material for a jelly-bag. Take care that the seam of the bag be stitched twice, to secure the jelly against unequal filtration. The bag may, of course, be made any size, but one of twelve

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or fourteen inches deep, and seven or eight across the mouth, will be sufficient for ordinary use. The most convenient way of using the bag is to tie it upon a hoop the exact size of the outside of its mouth, and to do this tape should be sewn round it at equal distances.

If there is no jelly-bag in a house, a good substitute may be made thus: Take a clean cloth folded over corner ways, and sew it up one side, making it in the shape of a jelly-bag. Place two chairs back to back, then take the sewn-up cloth and hang it between the two chairs by pinning it open to the top bar of each chair. Place a basin underneath the bag. Here is another substitute: Turn a kitchen stool upside down, and tie a fine diaper broth napkin, previously rinsed in hot water, to the four legs, place a basin underneath, and strain through the napkin.

## CREAMS.

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THE careful housekeeper of modern times has been accustomed to class creams among the luxuries which can only be given on special occasions, both because they take so much time and trouble to make, and because the materials are expensive. It is, nevertheless, possible to have excellent creams made on a simple plan and at a moderate cost. Cream of a superior kind is now everywhere to be had in jars, condensed milk answers well, and by the use of Nelson's Gelatine, and any flavouring or syrup, excellent creams can be made. Our readers will find that the method of the following recipes is simple, the cost moderate, and the result satisfactory. A hint which, if acted on, will save time and trouble, may be given to inexperienced persons intending to make creams similar to Lemon Cream, which is light and frothy. Do not add the lemon-juice until the mixture of cream and gelatine is nearly cold, and do not commence whipping until it is on the point of setting.

Delicious and inexpensive creams can be made by dissolving any of Nelson's Granulated or Tablet Jellies in half the quantity of water given in the directions for making the jelly, and adding cream, either plain or whipped, in the same way as directed for Orange Cream and Cherry Cream.

### LEMON CREAM.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in a pint-and-a-half of milk with a quarter of a pound of lump sugar. When nearly cold, add a gill of lemon-juice and whisk the cream until it is light and sponge-like. Then stir in a gill of whipped cream, put into a mould, and let it stand for two or three hours.

Or, dissolve a pint packet of Nelson's Lemon Granulated or Tablet Jelly in half-a-pint of boiling water. When cool, add to it half-a-pint of cream, and whisk together until on the point of setting, when mould it.

### STRAWBERRY CREAM.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in a pint and a gill of hot milk. When it is so nearly cold as to be on the point of setting, add half-a-pint of strawberry syrup, and sufficient rose colouring to make it a delicate pink ; whisk the cream until it is light and frothy, stir in lightly a gill of whipped cream, then mould it.

A good syrup can be made for this cream by putting half-a-pound of strawberry and half-a-pound of raspberry jam into half-a-pint of boiling water, and, after having well stirred it, rubbing it through a fine sieve. The syrup should not be too sweet, and the addition of the juice of one or two lemons, or a little citric acid, will be an advantage.

Creams, which have cochineal colouring in them, should not be put into tin moulds, as this metal turns

them of a mauve shade. Breton's Rose Colouring is recommended, because it is prepared from vegetables, and is free from acid.

### ORANGE CREAM.

Dissolve a pint packet of Nelson's Orange Granulated or Tablet Jelly in half-a-pint of boiling water. When cool, mix with it half-a-pint of cream or milk, and whip together until the cream is on the point of setting.

### IMITATION LEMON CREAM.

This will be found useful when cream is not to be had. Put the thin peel of two lemons into half-a-pint of boiling water, and when it has stood a little, dissolve half a-pound of loaf sugar in it. When nearly cold, add three eggs, the yolks and whites well beaten together, and the juice of the lemons. Strain this into a stewpan, and stir until it is well thickened. After taking from the fire, stir occasionally until cold, then mix into it a quarter of an ounce of Nelson's Gelatine dissolved in a gill of water, also nearly cold.

### APRICOT CREAM.

Drain the juice from a tin of preserved apricots, add to it an equal quantity of water; make a syrup by boiling with this half-a-pound of lump sugar until it begins to thicken; then put in the apricots and simmer them gently for ten minutes. Drain away the syrup, and put both it and the fruit aside separately for use as directed.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in a quart of boiling milk or cream lightly sweetened, and, when at the point of setting, put a teacupful of it gently into a mould, then a layer of the apricots ; wait a minute or two before putting in another cup of cream, then fill up the mould with alternate layers of fruit and cream. Let the cream stand some hours before turning out, and when it is on its dish pour round it the syrup of apricots.

#### PINEAPPLE CREAM.

Drain the syrup from a tin of pineapple, boil it down to half. Cut the best part of the pineapple into neat little squares, pound the remainder, which press through a strainer. Make a custard with half-a-pint of milk and three yolks of eggs. Measure the quantity of syrup and fruit juice, and dissolve Nelson's Gelatine in the proportion of half-an-ounce to a pint of it and custard together. Mix the gelatine with the custard, then put in the pieces of pineapple, and when it is cold the syrup, the juice, and two tablespoonfuls of whipped cream. Have ready a little of Nelson's Bottled Cherry or Port Wine Jelly melted in a fancy mould, which turn round so that it adheres to the sides, and when the first quantity is set, put in a little more. As the cream is on the point of setting, put it into the mould and allow it to stand until firm. When turned out, ornament the cream with the remainder of the bottled jelly lightly chopped.

**PALACE CREAM.**

Make a custard of three eggs and a pint-and-a-half of milk sweetened, when it is ready dissolve in it the contents of a sixpenny packet of Nelson's Gelatine, previously soaked in half-a-pint of milk. When made, the quantity of custard should be fully a quart, otherwise the cream may be too stiff. When the cream is cool, put a little into a mould, previously ornamented with glacé cherries and little pieces of angelica to represent leaves. The fruit is all the better if soaked in a little brandy, as are the cakes, but milk can be used for these last. Put a portion of two ounces of sponge-cakes and one ounce of ratafias on the first layer of cream, keeping it well in the centre, and then fill up the mould with alternate layers of cakes and cream. When turned out, a little liqueur or any kind of syrup can be poured round the cream.

**FRUIT CREAM.**

Strain the juice from a bottle of raspberries and currants on to three-quarters of a pound of loaf sugar, boil up, then simmer for half-an-hour. Mix the fruit and a large tablespoonful of raspberry jam with the syrup, and rub it through a hair sieve. Dissolve Nelson's Gelatine, in the proportion of half-an-ounce to a pint of the fruit, in a little water, stir well together. When cold put it into a border mould, and as soon as it is firm turn out and fill the centre with a cream, which make with half-an-ounce of Nelson's Gelatine and three gills of milk, sweetened and flavoured with Nelson's Essence of Vanilla.

Whisk until cool, when stir in a gill of whipped cream.

### MANDARIN CREAM.

Dissolve half-an-ounce of Nelson's Gelatine in a pint of sweetened boiling milk or cream. Dissolve a pint bottle of Cherry Jelly as directed. When the last is on the point of setting put a layer into a mould, then a layer of the cream, each of these about an inch deep, and fill up the mould in this way. This quantity of material will make two handsome moulds, suitable for a supper party.

### BLANC-MANGE.

To the contents of a sixpenny packet of Nelson's Gelatine add half-a-pint of new milk, let it soak for twenty minutes, boil two or three laurel leaves in a pint of cream and half-a-pint of milk; when boiling pour over the soaked gelatine, stir it till it dissolves, add four or five ounces of lump sugar and a little brandy if approved; strain it through muslin, stir occasionally till it thickens, and then put into moulds.

### MERINGUES.

Mix with the whites of six eggs thirty drops of Nelson's Essence of Vanilla and whip them very stiff. Mix in lightly and thoroughly three-quarters of a pound of fine icing sugar. As quickly as possible fill a tablespoon with the mixture, which turn on to a strip of paper placed on a baking-board. Repeat this, working rapidly until all the meringues are made; then sift fine sugar over them. Put the meringues

without loss of time into the oven, which must only be hot enough to dry and give them a delicate brown tint, and when they are firm to the touch take them off the paper, and with great care remove any soft sugar. This being done, again place the meringues, the bottom side uppermost, on fresh strips of paper, and place them in the same moderate heat until perfectly crisp. These meringue cases will keep a long time in an air-tight tin. When required for use, fill one case with cream, place another over, and if necessary to keep it in position, use a very little white of egg.

Meringues can be successfully made with Nelson's Albumen, which will generally be found less expensive than the whites of fresh eggs.

A nice inexpensive cream for filling meringues can be made as follows : Boil two ounces of sugar with a pint of milk and half-an-ounce of Nelson's Gelatine ; strain, let it get cold, and flavour with Nelson's Essence of Vanilla. When on the point of setting, stir in briskly the whites of three eggs beaten very stiff.

#### SOLID SYLLABUB.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in three gills of water, add three drops of Nelson's Essence of Lemon and half-a-teaspoonful of Nelson's Citric Acid, a quarter of a pint of sherry, and five or six ounces of lump sugar ; boil the above two minutes, then pour upon it a pint of warm cream, stir it quickly till it boils, then strain, stir till it thickens, and pour it into moulds.

### CHARLOTTE RUSSE.

Line a plain mould at the bottom and sides with sponge finger biscuits, fill it with strawberry cream, or cream made as directed in the several recipes. If the weather is warm it will be necessary to place the Charlotte on ice for an hour or two, but in the winter it will turn out without this. The biscuits for a Charlotte Russe should be made quite straight, and in arranging them in the mould they should lap slightly one over the other.

### BADEN-BADEN PUDDING.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in a quart of boiling milk ; when it is nearly cold stir into it an ounce of rice, well boiled or baked ; flavour the pudding to taste, and when on the point of setting put it into a mould and let it stand for two or three hours ; serve plain or with stewed fruit.

### CHERRY CREAM.

Dissolve a pint packet of Nelson's Cherry Granulated or Tablet Jelly in half-a-pint of boiling water. When cool, mix with it half-a-pint of cream or milk, and whip together until the cream is on the point of setting.

### VELVET CREAM.

Soak three-quarters of an ounce of Nelson's Patent Gelatine in half-a-pint of sherry or raisin wine, then dissolve it over the fire, stirring all the time ; add six ounces of lump sugar, with three drops of Nelson's Essence of Lemon, to the hot solution, which is then

to be poured gently into a pint of cream ; stir the whole until quite cold, and then put into moulds.

This can be made with a pint of boiling milk, in which the contents of a sixpenny packet of Nelson's Gelatine, previously soaked in half-a-pint of cold milk, has been dissolved, and flavoured and sweetened.

### ITALIAN CREAM.

Take three-quarters of an ounce of Nelson's Patent Gelatine and steep it in half-a-pint of cold water ; boil in a pint of cream, with three drops of Nelson's Essence of Lemon and three tablespoonfuls of raspberry or strawberry syrup, gently stirring the while. Sweeten to taste, and add a drop or two of rose colouring. Whisk till the mixture is thick, then pour into moulds.

### CHEESE AND MACARONI CREAM.

Boil two ounces of macaroni, in water slightly salted, until tender, when drain ; cut it into tiny rings, and put it into a stewpan with half-a-pint of milk or cream, keeping it hot on the stove without boiling for half-an-hour. Dissolve half-an-ounce of Nelson's Gelatine in half-a-pint of milk, and when this and the macaroni are cold, stir together, add two ounces of grated Parmesan cheese, with salt and cayenne pepper to taste. Stir occasionally until the cream is on the point of setting, when mould it. Should the cream be absorbed by the macaroni, more must be added to bring the whole quantity of liquid to one pint. If preferred, rice well boiled or

baked in milk, or vermicelli paste, can be substituted for the macaroni.

### COFFEE CREAM.

Dissolve the contents of a sixpenny packet of Nelson's Gelatine in a quart of boiling milk with two ounces of sugar; stir in sufficient strong Essence of Coffee to flavour it, and when on the point of setting put it into a mould.

### CHOCOLATE CREAM.

Boil a quarter of a pound of loaf sugar in a pint-and-a-half of milk. Dissolve in it the contents of a sixpenny packet of Nelson's Gelatine, and stir into it three teaspoonfuls of Van Houten's Cocoa, dissolved in half-a-pint of boiling milk. Beat until on the point of setting, and put the cream into a mould. A few drops of Nelson's Essence of Vanilla can be added with advantage.

### CHARTREUSE OF ORANGES.

Peel four or five oranges, carefully take out the divisions which put on a hair sieve in a cool place to drain all night. Melt a little Nelson's Bottled Orange Jelly, pour it into a saucer and dip in each piece of orange, which arrange in a close circle round the bottom of a small pudding-basin. Keep the thick part of the orange downwards in the first row, in the next put them the reverse way. Continue thus until the basin is covered. Pour in a little of the melted jelly, then of cream, made by mixing a

quarter of an ounce of Nelson's Gelatine dissolved in a gill of milk, into a gill of rich cream, sweetened. Fill up the basin with alternate layers of jelly and cream, allowing each of these to set before the other is put in, making the jelly layers last. The Chartreuse will turn out easily if the jelly is gently pressed from the basin all round. Garnish with two colours of Nelson's Bottled Jelly lightly chopped.

#### FIG CREAM.

Green figs preserved in syrup are used for this cream. Place the figs in a plain mould, and pour in gently, when on the point of setting, a cream made with a pint of cream and half-an-ounce of Nelson's Gelatine, and lightly sweetened. When the cream is turned out of the mould, pour round it the syrup in which the figs were preserved.

#### RUM CREAM.

Boil half-a-pint of milk or cream with two ounces of lump sugar. Pour this on to the yolks of three eggs, lightly beaten, put in a bay leaf, stir over a slow fire until the custard is thick. Take out the bay leaf, and stir the custard occasionally until nearly cold, when mix in, also cold, half-an-ounce of Nelson's Gelatine, which has been dissolved in half-a-pint of boiling milk. Mix in a wine-glassful of rum, put the cream into a mould, and let it stand some hours before turning out. Syrup flavoured with rum poured round the cream on its dish is a great addition.

### ORANGE MOUSSE.

Rub the zest of the peel of two oranges on to a quarter of a pound of lump sugar, which boil with half-a-gill of water to a thick syrup. Beat the juice of three large oranges with two whole eggs, and having whisked them slightly, add the syrup and Nelson's Gelatine, dissolved, in the proportion of half-an-ounce to a pint of liquid. Whisk the mixture over a saucepan of hot water until it is warm, then place the basin in another with cold water and continue whisking until it is beginning to set, when put it into a fancy mould.

### STRAWBERRY TRIFLE.

Put a layer of strawberry jam at the bottom of a trifle dish. Dissolve a half-pint packet of Nelson's Raspberry Jelly, and when it is set break it up and strew it over the jam. Upon this lay sponge finger biscuits and ratafia cakes, and pour over just enough new milk to make them soft. Make a thick custard, flavoured with Nelson's Essence of Vanilla, and spread it over the cakes. Finally, place on the top a handsome quantity of cream, whisked with a little powdered sugar and flavoured with vanilla.

### PLUM CREAM.

Boil three gills of milk with two ounces of loaf sugar and three drops of Nelson's Essence of Lemon, and pour it on to the beaten yolks of three eggs and one white, return to the stewpan, and stir over the fire until it thickens; remove, and mix in half-an-ounce of Nelson's Gelatine soaked, pour the custard

quickly backwards and forwards from the stewpan to the basin to prevent it curdling, and when cool, strain into a fancy-border mould to set. Take out and crack the stones of a pound of ripe red plums, blanch the kernels, which place aside. Stew the plums with three-quarters of a pound of loaf sugar and a little water until they are done, rub them through a hair sieve, add the blanched kernels, and pour round the custard mould when turned out. Fill the centre with whipped cream.

#### TAPIOCA CREAM.

Crush three ounces of tapioca with a rolling-pin until the pieces are of an uniform size, soak it in cold water for an hour, stir it into a pint of boiling milk, and simmer gently until the tapioca is done. Beat the yolks of three eggs with a tablespoonful of pounded sugar, add them to the tapioca, and stir over the fire until the eggs are partly set, then remove and mix in a half-ounce of Nelson's Gelatine dissolved. Put the tapioca aside to cool, stirring frequently, add a gill of whipped cream and a few drops of Nelson's Essence of Vanilla. Decorate a cylinder mould with halves of glacé cherries and dice-shaped pieces of preserved apricots and angelica, fill it with the cream and place it in the larder to get firm. Serve with red currant jelly round and whipped cream in the centre.

#### WHIPPED CREAM.

To half-a-pint of cream put a tablespoonful of fine sifted sugar, add sufficient of any of Nelson's Essences

to give it a delicate flavour. With a whisk or wire spoon, raise a froth on the cream, remove this as soon as it rises, put it on a fine hair, or, still better, lawn sieve ; repeat this process until the cream is used up. Should the cream get thick in the whisking, add a very little cold water. Put the sieve containing the whisked cream in a basin and let it stand for some hours, which will allow it to become more solid and fit for such purposes as filling meringues.

#### APPLE CREAM.

Make a cream of a pint of milk or thin cream and two eggs, stir over the fire until thick, when add half-an-ounce of Nelson's Brilliant Gelatine, stirring until dissolved. Flavour with Nelson's Essence of Almonds. When the cream is on the point of setting, put a layer of it at the bottom of a mould, and when it is firm put in the centre a cupful of stiff apple sauce, which is best made of baked apples carefully pulped. Fill up the mould with the cream, which looks well when turned out ornamented with apple jelly.

## BEVERAGES.

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AMONG the most useful preparations which have ever been introduced to the public for the immediate production of delicious beverages, are NELSON'S BOTTLED JELLIES. These beverages are highly approved for ordinary use at luncheon and dinner, as well as for afternoon and evening entertainments, and have a special value for invalids, as they contain nourishment and are at the same time very refreshing. When required for use, dissolve a bottle of the jelly, and mix with it five times its bulk of water, the beverage can then be used either hot or cold ; if in standing it should be slightly thickened it will only be necessary briskly to stir it with a spoon. Lemon, orange, and cherry jelly, with the addition of water as directed, will be found superior to any other beverage of the kind, and specially excellent for children's parties.

The following "cups" are delicious made with the jelly as directed.

CLARET CUP, made merely with seltzer-water, claret, and PORT WINE JELLY, will be found superior to the ordinary preparation. A little sugar may be added if desired. To a bottle of claret and a pint of seltzer-water use a half-pint bottle of PORT WINE JELLY, stir briskly until well mixed, put in a sprig of balm and borage, three thick slices of cucumber ; place the

vessel containing the claret cup covered over on ice for an hour ; strain out the herbs before serving.

BADMINTON CUP is made with Burgundy, in the same way as the above, with the addition of a bottle of ORANGE JELLY.

CHAMPAGNE CUP requires equal quantities of the wine and seltzer-water, with a bottle of ORANGE JELLY.

CIDER CUP is made with a pint-and-a-half of cider, a bottle of soda-water, and a bottle of either ORANGE, LEMON, or SHERRY JELLY.

CHERRY CUP.—Half-a-pint of claret, a quart of soda-water, and a half-pint bottle of CHERRY JELLY.

#### MULLED PORT WINE.

Dissolve a bottle of Port Wine Jelly and add to it four times its bulk of boiling water with a little nutmeg, and, if liked, a crushed clove.

#### LEMONADE.

Half-a-teaspoonful of Nelson's Citric Acid dissolved in a quart of water, with a sliced lemon and sweetened with sugar, forms a good lemonade, and is a cooling and refreshing drink. A small pinch of the Citric Acid dissolved in a tumbler of water with a little sugar and a pinch of bicarbonate of potash, makes an effervescing draught. These acidulated drinks are exceedingly useful for allaying thirst ; and as refrigerants in feverish and inflammatory complaints they are invaluable.

**LEMONADE (A NEW RECIPE).**

Dissolve three-quarters of a pound of loaf sugar and the contents of a threepenny packet of Nelson's Citric Acid in a quart of boiling water ; then add two quarts of fresh cold water and one-twelfth part of a bottle of Nelson's Essence of Lemon. The above quantity of sugar may be increased or decreased according to taste.

**GINGERADE.**

Crush an ounce of whole ginger, pour over it a quart of boiling water, cover the vessel, and let the infusion stand until cold. (The Extract of Ginger may be used in place of this infusion.) Strain through flannel ; add a teaspoonful of Nelson's Citric Acid, six drops of Nelson's Essence of Lemon, and a quarter of a pound of lump sugar ; stir until dissolved, and the Gingerade will be ready.

**AN EXTRACT OF GINGER FOR FAMILY USE.**

An Extract of Ginger made as follows is most useful for family purposes, and can be substituted for the infusion in Gingerade. Crush half-a-pound of fine whole ginger in the mortar, or cut into small pieces. Put into a bottle with half-a-pint of unsweetened gin, let it stand for a month, shaking it occasionally, then drain it off into another bottle, allowing it to stand until it has become clear, when it will be fit for use.

### LEMON SYRUP.

Boil a pound of fine loaf sugar in a pint-and-a-half of water. Remove all scum as it rises, and continue boiling gently until the syrup begins to thicken and assumes a golden tinge, then add a pint of strained lemon-juice or the contents of a packet of Nelson's Citric Acid dissolved in water, and allow both to boil together for half-an-hour. Pour the syrup into a jug, to each pint add six drops of Nelson's Essence of Lemon, and when cold bottle and cork well.

The juice of Seville oranges may be made into a syrup in the same way as that of lemons, or lemon and orange juice may be used in equal quantities. These syrups are useful for making summer drinks, and for invalids as lemonade or orangeade.

### MILK BEVERAGE.

A very agreeable and useful beverage is made by dissolving a quarter of an ounce of Nelson's Gelatine in a pint of milk. A spoonful of cream can, if preferred, be used with a bottle of soda-water. For invalids, this beverage can be used instead of tea or coffee, and may be preferable in many cases on account of the nourishment it contains; it will also be found an excellent substitute, taken hot, for wine-whey, or posset, as a remedy for a cold. For summer use, Milk Beverage is delicious, and may be flavoured with raspberry or strawberry syrup. If on standing it should thicken, it will only be necessary briskly to beat it up with a spoon.

### CITRIC ACID.

This acid exists in the juice of many fruits, such as the orange, currant, and quince, but especially in that of the lemon. It is chiefly made from the concentrated juice of lemons, imported from Sicily and Southern Italy, and which, after undergoing certain methods of preparation, yields the crystals termed Citric Acid. These crystals may be used for all the purposes for which lemon-juice is employed. In the manufacture of the Citric Acid now offered to the public by Messrs. G. Nelson, Dale, and Co., only the pure juice of the lemon is used.

### ESSENCE OF LEMON.

This well-known essence is extracted from the little cells visible in the rind of lemons, by submitting raspings of the fruit to pressure. The greater portion of the oil of lemons sold in England is imported from Portugal, Italy, and France. It is very frequently adulterated with oil of turpentine. In order to present the public with a perfectly pure commodity, G. Nelson, Dale, and Co. import their Essence of Lemon direct from Sicily, and from a manufacturer in whom they have the fullest confidence.

Nelson's Essence of Lemon is sold in graduated bottles, eightpence each, each bottle containing sufficient for twelve quarts of jelly.

## COOKERY FOR INVALIDS.

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EVEN in the case of abundant means with which to provide suitable food for the sick it is often not easy to arrange the dietary, and, of course, where it is necessary to use strict economy the difficulty is increased. We, therefore, hope that this chapter of hints and recipes, which has been carefully prepared for "Home Comforts," will greatly assist the home nurse to provide good "kitchen physic" for her patients at once well and economically.

Variety of diet is a pressing need both for the healthy and the invalid, and it is so important a matter that too much thought and care cannot be expended in order to secure such a diet. The best food if served too frequently in the same fashion will fail to tempt the appetite; but, with some study, the flavour and appearance of simple material may be so varied as to make it acceptable even to jaded appetites.

It is of course, on all accounts, desirable that food for the sick should be prepared in the ordinary way by the family cook; but when this cannot be done, many little dishes and forms of nourishment can be

made in an ordinary room by the aid of a small spirit lamp.

**Chicken.**—As an example of the economical treatment of expensive material we may take a chicken. To boil or roast one whole means leaving over a quantity of cold meat which may not be relished by, or be suitable for the invalid, whilst with a little management hot dishes can be supplied on two or three consecutive days. One way to do this is to remove the legs of a chicken, to boil or roast the body and reserve the legs for stewing, mincing, or broiling. It will be found that the flavour of the body of the fowl is in no way injured by the removal of the legs, which will keep very well in a cool larder for a day or two.

**Fish.**—It is not always possible to procure fresh fish every day, and as a matter of economy it is sometimes desirable to reserve a portion from the first day's dinner for a second meal. All that is necessary to preserve fish fresh and sweet is to pass it through a little vinegar in a dish. It must not be soaked, and requires merely to be wiped with a clean cloth before dressing.

A great loss of savour and nourishment is incurred in skinning fish, whether for frying or boiling. This observation especially refers to soles. Broiling is too little used for cooking whiting and other small fish. Boned, and carefully watched on the gridiron so that there is no trace of the bars or of any scorching, there are few things which equal a broiled whiting, and it

makes a great change from the perpetual fried and boiled. A slice of cod or any filleted fish is better steamed than boiled, or at any rate only a few spoonfuls of water should be used, and this never be allowed to come to boiling-point.

**Vegetables** are often ordered for invalids, and too much care cannot be exercised in their preparation. One fault in cooking green vegetables is to make them too soft, as they thus retain too much water, which is very apt to disagree. Soda must never be used, it extracts the valuable salts of the vegetables, which can be kept a beautiful colour if boiled in plenty of water, keeping the pot well skimmed during the process of boiling. Plainly boiled potatoes are as a rule unsuitable for persons of delicate digestion, but fried in chips they are generally acceptable. French beans when small and young should be cooked whole, and scarlet runners be coarsely cut, as they have much more flavour in this way. In preparing beans wash them before cutting, and do not throw them into cold water after they are sliced. Cauliflowers are best boiled in branches, and in this way make a nice garnish for any little dish of meat.

**Sauces** are sometimes allowed in the invalid's dietary, and as the foundation of these is generally plain butter sauce it should be carefully prepared, and special attention be given to the thorough mixing in of whatever proportion of butter is allowed. If

the sauce is made according to the "Home Comforts" recipe, very little butter will be required to make it palatable, the thorough boiling of the flour and water making it eat smooth and rich.

**Stewed Fruits** are valuable in the invalid's dietary, provided they are properly done. In the case of dried fruits no sugar is required, and many kinds of pears can be very successfully done without it. The fruit should be gently simmered in water until perfectly tender, when the juice should be drawn off, boiled a short time, and then be poured over the fruit.

**Baked Apples** are invaluable, both for children and invalids, and it is a pity they are so often ill-cooked. A properly baked apple should retain its shape, and whilst being soft and succulent, not have the skin shrivelled up and broken. The apples having been wiped in a clean cloth, should have the skins pricked with a sharp needle and be placed in a deep baking-dish with a little water, and then be baked very slowly. In making sauce or any sweet dish, apples, after being peeled and cored, should be steamed.

**Gruel** is a nourishing and good food in many cases of illness, and provided it is well boiled, "Robinson's Patent Groats" make an excellent gruel. A recipe is given for boiled flour gruel, which is very good, as by the long boiling of the flour

the starch is eliminated, and a very sweet, appetising gruel is the result. This gruel is inexpensive, and is really identical with some costly preparations now in vogue.

In the chapters entitled "Little Dishes of Fish" and "Little Dishes of Meat," many recipes suitable for persons whose digestion is delicate will also be found.

Gelatine plays an important part in an invalid's dietary, and is used in many forms, notably sweet and savoury jellies, creams, and beverages.

On account of the acidity which sugar is apt to set up in a delicate stomach, sweet jellies have sometimes been interdicted. The difficulty is, however, obviated by the use of saccharin, which is perfectly wholesome, and has a great advantage over sugar in undergoing no chemical change when passing through the system.

In making high-class jellies it is recommended always to use Nelson's Opaque Gelatine, but for jellies for invalids, or when there is not time to soak the gelatine, either Nelson's Leaf Gelatine or Nelson's Brilliant Gelatine can be used, as they are of the purest quality, require no soaking, and dissolve quickly in hot liquid.

#### MEAT JELLY.

Cut one pound of beef steak into very small dice, rejecting all skin and fat. Melt in a stewpan a small

piece of butter the size of a bean, put in the meat, and sprinkle over a small pinch of salt. Cover the stewpan closely, and put on the range or over a spirit lamp, at a low heat, to draw out the juices ; this will take twenty minutes.

Take care that there is no approach to frying, as this would dry up the extract and destroy the character of the jelly. About every five minutes during the process drain away the gravy as it comes ; if the meat be fresh and fine there will be at least a gill and a half. When all is drawn set it aside to use as directed. Now put to the meat a pint of water and let it boil gently for half an hour. Pour off this liquor, but do not strain it, as the nourishment is contained in the thick portion. Whilst still boiling hot, add to this the juices at first extracted, and having taken off every particle of fat, rewarmed and stir in Nelson's Leaf or Nelson's Brilliant Gelatine in the proportion of half an ounce to a pint of liquid. This can then be set aside to cool, or be given hot as beef tea.

It is much better to prepare beef tea, or jelly, in the manner above indicated, than to subject the meat to such long boiling as will draw sufficient gelatine to set the product. Beef steak is recommended for making the best kind of tea, as it contains more juice and flavour than such portions as shin ; and, also, the process with steak can be carried out so quickly that the tea may be ready for use within an hour.

### BEEF IN JELLY.

Pound, either in the mincing machine or mortar, half-a-pound of raw, lean rump steak. Season to taste. Dissolve the contents of a small tin of Nelson's Pure Beef Tea and a quarter of an ounce of Nelson's Gelatine in half-a-pint of water. Mix in the pounded meat, and stir over the fire without boiling for five minutes. Stir occasionally until beginning to set, when put the jelly into a mould.

### MEAT LOZENGES.

An easy method of preparing meat lozenges, which are often useful to invalids when travelling, and serve also to give richness to beef tea or broth, is as follows: Make a pint of extract of beef as directed (page 98) for "Meat Jelly." Dissolve in it, over the fire, an ounce of Nelson's Gelatine, and thoroughly take off the scum as it rises. Allow the preparation to boil, without the lid of the stewpan, until it begins to look like glue, when pour it on to a dish, and as soon as set cut it into convenient pieces. Salt, or celery salt, can be used if liked, but generally the lozenges are found sufficiently savoury with very slight additions. Put away in a tin kept in a dry place, these lozenges will keep for a long time.

### TURTLE SOUP FOR INVALIDS.

It often happens that no flavouring whatever can be taken in soup by invalids, even salt being pro-

hibited. In such a case the dried turtle must be simmered until perfectly tender (it will take from eight to ten hours) in weak chicken or veal broth in the proportion of one quart to a quarter of a pound of "Bellis's Sun-dried Turtle." When done cut up the turtle into nice little squares, put it back into the soup, and serve.

### MOULD OF CHICKEN.

This can be prepared over a spirit lamp, if desired. Cut the white meat of a chicken, without skin or bone, into small pieces. Let them simmer for fifteen minutes in two gills of water slightly salted. Take out the meat and mince or pound it finely. Boil up the liquor, add a quarter of an ounce of Nelson's Leaf or Nelson's Brilliant Gelatine, stir until dissolved, add a tablespoonful of thick cream and the minced chicken, season to taste, and put into a plain mould.

If preferred, this dish can be served whilst hot, and is, to most tastes, improved by the addition of a little mushroom juice or powder.

### SCRAMBLED EGGS.

Put a piece of butter the size of a marble into a small stewpan, add a tablespoonful of milk and one of broth or gravy, pepper and salt; break in two eggs

and stir quickly until they begin to thicken, then put the stewpan on the table, and continue stirring until the eggs finish cooking in their own heat. Scrambled eggs should look lumpy and be very thick. When done, pour the eggs on to buttered toast.

### EGGS IN GRAVY.

Make three tablespoonfuls of gravy by dissolving a little Nelson's Pure Beef Tea in boiling water. Put this into an enamelled omelet pan, and when it is boiling over the fire or lamp, break in the yolks of two fresh eggs, being careful to keep them whole. Lightly pepper and salt the eggs, and if allowed, strew over a very little grated Parmesan cheese. Hold the pan over the fire until the eggs are lightly set. A slice of thin well-browned toast may be laid in the dish on which the eggs are served.

### TRIPE.

Tripe is exceedingly well suited to delicate digestions. There is some little difficulty in making it savoury without the use of onions, but where these are not objected to, it will be found very useful as a change from fish and other light diet.

When tripe comes in from the shop, it should be considered only half-cooked, and from two to three hours is not too long to simmer it.

For tripe *au blanc* (served white), put half a pound in a stewpan with a quarter of a pint of water, a salt-spoon of salt, a pinch of pepper, and two minced onions. Let it simmer gently for two hours, or until perfectly tender. Then strain the gravy, take off every particle of fat, boil it up, and thicken it with a small dessert-spoonful of flour mixed smooth in two or three table-spoonfuls of cream or milk. Put the tripe back into this sauce, and let it simmer very gently for a quarter of an hour.

To stew tripe brown, put it into beef-tea or good gravy instead of water, and thicken it with a tea-spoonful of potato-flour mixed smooth in gravy.

Lemon-juice or a few drops of French vinegar are good additions to tripe.

### SCALLOPED OYSTERS.

Having taken off the beards and hard white part, put them with the oyster liquor into a saucepan, and let them simmer for ten minutes. Spread an earthenware dish or scallop shells with a little dissolved butter, then put on a layer of bread-crumbs about half an inch thick, and strain on to this the liquor from the oysters. Now place the oysters evenly on the crumbs, and then thoroughly cover them up with bread-crumbs, very lightly seasoned with pepper and salt. Spread butter thickly over the top, and bake in a

quick oven for fifteen or twenty minutes. If necessary, brown the top with a salamander.

### FRIED POTATOES.

Potatoes, properly fried, may occasionally be served with the chop or cutlet, and are more digestible and nourishing than when plainly boiled. This remark, however, applies only to potatoes fried in perfection and served immediately they are done, as they lose their crispness by standing. Peel fine kidney potatoes and slice them as thin as you can,—unless they are preferred thicker; as you do the chips throw them into cold water, as this frees them from the potato flour which has a tendency to prevent successful frying. Drain and lay them in a cloth to dry, put them into a wire-basket, fry in boiling fat, and when the chips are brown, put them between paper in the oven for a minute, turn them on to a dish, sprinkle with salt, and serve. The greatest care must be taken to have the fat the right temperature for frying the potatoes, as otherwise they will be sodden with grease.

### SHARP EGG SAUCE.

Mix half-an-ounce of flour smoothly in two tablespoonfuls of cold water, pour on to it a quarter of a

pint of boiling water, then stir over the fire until thickened ; season with pepper and salt, and add the yolks of two eggs beaten for a minute ; keep stirring the sauce at a slow heat for five minutes ; lastly, stir in gradually the juice of half a lemon or a dessert-spoonful of the best French vinegar. Do not let the sauce boil after this addition. Serve it either over the fish or in a boat.

### GERMAN OMELETS.

Beat up the yolks of two eggs, mix a small teaspoonful of flour and one of French potato-flour in a tablespoonful of cold milk or cream, and stir into the eggs ; pour on this a quarter of a pint of boiling milk, sweeten lightly, and flavour with a few drops of extract of vanilla. When ready to bake the omelets, beat the whites of the eggs to a strong froth, and stir all together ; rub two common pudding plates with just enough butter to prevent the omelets sticking, pour the mixture on to them, bake in a quick oven until set ; they will be done in about ten minutes. Fold them over, turn on to a hot dish, sift sugar over, and serve.

If approved, a little apricot or strawberry preserve may be spread over the omelets before folding them. These German omelets may be made savoury by substituting salt for sugar, and, if liked, adding a little pepper and chopped parsley.

### ORANGE JELLY.

One gill water, one gill orange juice. Boil a few shreds of the peel in the water, add the orange juice and sweeten to taste with soluble saccharin. When at boiling-point stir in a quarter of an ounce of Nelson's Leaf Gelatine, and when thoroughly melted take the saucepan off the stove. Have ready the yolk of an egg well beaten and pour the hot jelly on it by degrees. Pour the mixture back into the saucepan and stir over the fire or lamp for five minutes. A teaspoonful of curaçoa gives flavour and richness to this jelly, and if it is desired to make the dish particularly attractive, an orange carefully peeled, divided into sections, with the pips extracted, and steeped in a little brandy, can be placed round the jelly when turned out.

### GINGER JELLY.

A recipe for making Extract of Ginger is given on page 91, but if this is not to hand, a little root ginger can be boiled in the half-pint of water of which the jelly is to be made. Having flavoured the water to taste, boil, and sweeten with sugar or saccharin, then stir in a quarter of an ounce of Nelson's Leaf or Nelson's Brilliant Gelatine. If liked, small pieces of preserved ginger can be put into the jelly mould, or be placed with a little syrup round the jelly when turned out.

### PRUNE JELLY.

Wash the fruit, and to half-a-pound of it allow a quarter of a pound of sugar and half-a-pint of water.

Boil the sugar and water together for ten minutes, then put in the fruit and stew gently until perfectly tender, so that it will break up easily. Drain the syrup from the prunes, and boil it until it becomes thick. Meanwhile take out the stones and rub the prunes through a sieve to a fine pulp, which add to the syrup. When this is on the point of boiling stir in a quarter of an ounce of Nelson's Leaf Gelatine or Nelson's Brilliant Gelatine, to each half-pint. Mould when cool. Cream can be served with this jelly when allowed.

#### STRENGTHENING JELLY.

Put one ounce each of sago, ground rice, pearl barley, and Nelson's Gelatine—previously soaked in cold water—into a saucepan, with two quarts of water; boil gently till the liquid is reduced one-half. Strain and set aside till wanted. A few spoonfuls of this jelly may be dissolved in broth, tea, or milk. It is nourishing and easily digested.

#### FRUIT-MANGE.

Make three gills of gruel, with Robinson's Patent Groats, and whilst boiling add half-an-ounce of Nelson's Gelatine. When this is dissolved, stir in a gill of orange, strawberry, currant, lemon-juice, or a little Nelson's Citric Acid dissolved in water. Sweeten to taste with castor sugar. Beat all together, and if there is the slightest appearance of lumps, strain the mange, otherwise it is not necessary. Stir occasionally until cold to prevent a skin forming. Pour the mange into a

china mould, and let it stand until set. When orange or lemon-juice is used, a little of the peel should be boiled in the water of which the gruel is made. This mange can, if preferred, be made of Nelson's Granulated or Tablet Jelly, using gruel instead of water.

#### WINE-MANGE.

Stir the yolks of two eggs into three gills of gruel which has boiled ten minutes, continue stirring for five minutes, not allowing the mixture to boil. Add half-an-ounce of Nelson's Gelatine. Sweeten with three ounces of castor sugar, or less if desired. When all is well mixed, and strained if necessary, add a gill of sherry and six drops of Nelson's Essence of Lemon. Stir now and then until cold, when put the mange into a mould to remain until set. A little brandy mixed with the sherry is an improvement.

#### CUSTARD.

A well-made custard is generally appreciated by invalids, and is an excellent form of nourishment. It is also the basis of several kinds of cream for which recipes are given in "Home Comforts," and we therefore offer some hints for its preparation.

The old plan of stirring custard in an earthenware vessel placed in a saucépan of water over the fire is good. But, unless the stirring is kept up continuously the custard is as apt to become lumpy as if made in a stewpan. Properly managed, a custard made with milk and the number of eggs given in the recipe will

eat rich and good, and in a general way serve as well as when made with cream and additional eggs. Boil a pint of milk, sweeten to taste with lump sugar. Have ready the yolks of three or four eggs beaten up, and pour the boiling milk on to them. Put this into a bright stewpan, stir over a slow fire with a wooden spoon briskly for twenty minutes, or until it begins to thicken, when place it on the coolest part of the range, so that simmering is not possible. Stir occasionally during a quarter of an hour. When the custard is ready, pour it into a basin, flavour with Nelson's Essence of Lemon, Almonds, or Vanilla, and stir occasionally in order to prevent a skin forming on the top.

### VANILLA CREAM.

Boil two gills of milk or cream, sweeten with sugar or saccharin, flavour with extract of vanilla, stir in a quarter of an ounce of Nelson's Leaf or Nelson's Brilliant Gelatine, and when dissolved take off the fire. Beat occasionally until on the point of setting, then stir in the white of an egg beaten to a strong froth, and mould the cream.

### BRAN BISCUIT CREAM.

Soak a bran biscuit in half-a-pint of new milk, made hot, for an hour; beat it up to a pulp. Make a custard of half-a-pint of milk or cream and the yolks of two eggs, sweeten to taste, flavour with Nelson's Essence of Vanilla, and stir in half-an-ounce of Nelson's Gelatine dissolved in a gill of milk.

When on the point of setting, thoroughly mix in the soaked biscuit, and put the cream in a mould.

A syrup made of Nelson's Granulated Cherry Jelly is a great addition to this cream. Dissolve half-a-pint packet of this jelly in three gills of claret or water, and when cold pour it round the cream on its dish.

### CHAMPAGNE CREAM.

Although this is properly a jelly, when well made it eats so rich that it is usually called cream. It is chiefly used in cases of illness, when it is desirable to administer champagne in the form of jelly. Dissolve half-an-ounce of Nelson's Gelatine in a gill of water in a stewpan, with one or two ounces of sugar, according as the jelly is required sweet or otherwise. When cool, add three gills of champagne and a tea-spoonful of Nelson's Citric Acid, and whip until it is beginning to set and is light and frothy; put into a mould, and it will be ready for use in two hours, if put in a cold place.

### RUSK PUDDING.

Butter a tart dish, lay in it two slices of rusk made from tea-cake. Beat up an egg, pour on to it half-a-pint of boiling milk sweetened to taste with lump sugar, and flavoured with Nelson's Essence of Lemon or Nelson's Essence of Almonds. Pour this custard over the rusk, and bake very slowly for about an hour. For sauce: Dissolve half a packet of Nelson's Granulated Cherry Jelly in three gills of water, and serve it hot in a boat.

### SAVOURY RICE PUDDING.

Wash well two ounces of fine Carolina rice, put it into a pie dish, with a packet of Nelson's Pure Beef Tea dissolved in a pint of water, and bake in a moderate oven for about an hour, or until the rice is half cooked. Boil half-a-pint of milk, pour it on to an egg lightly beaten, stir well together, and mix with the rice. Season with salt and, if liked, a little pepper. Put the pudding into a pie dish, bake very slowly for an hour, and serve with gravy made from Nelson's Extract of Meat.

### SAVOURY BREAD PUDDING.

Dissolve a packet of Nelson's Pure Beef Tea in half-a-pint of boiling water, and pour it over the crumb of a French roll. Mix well together, and let it soak for half an hour ; then add two eggs, beaten with a gill of boiling milk. Season to taste with pepper and salt, beat the pudding well for five minutes, put it into a buttered tart dish, and bake in a quick oven for forty minutes. If there is no objection, an onion, well boiled and beaten to a pulp, may be added to the pudding. A little mushroom powder is also an improvement.

### SAVOURY MACARONI PUDDING.

Break an ounce of best macaroni into a pint of beef tea made from Nelson's Pure Beef Tea. Let it boil for an hour, or until perfectly tender. Make a

custard as for "Savoury Rice Pudding," mix it with the macaroni, season to taste, and bake slowly for an hour.

### COLD SAVOURY PUDDING.

Make a pint of gruel with Robinson's Patent Barley. Stir into it half-an-ounce of Nelson's Beef Tea, and a quarter of an ounce of gelatine, both previously dissolved in a gill of water. Season with celery or common salt, a few drops of lemon-juice and pepper to be added, if allowed. If the flavour of onion is desired, mince one; boil it in the water of which the gruel is made. Stir the pudding when made until cool, pour it into a mould, and serve when set.

### CHEESE MACARONI.

This is macaroni flavoured with cheese, and may be eaten without risk by most invalids. Scrape two ounces of good-flavoured rich new Cheddar or Canadian cheese into half-a-pint of cold water, let it boil gently for half an hour, strain through muslin, and throw away the cheese. Put to the liquid half-an-ounce of macaroni broken in small pieces, a tablespoonful of cream, a pinch of pepper, and salt to taste. Let the macaroni simmer gently until perfectly tender, when it will have absorbed all the liquid; then beat up the yolk of an egg with a teaspoonful of milk or cream; stir briskly into the macaroni until it is lightly set and assumes the appearance of cheese, when serve immediately.

### BOILED FLOUR GRUEL.

Gruel made from boiled flour is very delicate, and is suited to cases of great weakness, as it is free from starch. To prepare the flour, press into a pudding basin with a wooden spoon as much of the best white flour as possible, which must be again and again beaten down and pressed with the fingers until a hard compact mass is formed. When no more can be pressed into the basin, tie it over with a cloth in the same manner as a pudding, and allow it to boil continuously for twelve hours. When taken up remove the cloth, and let the flour stand in the basin until the next day; take off the skin from the top, grate or roll the mass until perfectly smooth, and put it away in covered jars for use. To make gruel, mix four tablespoonfuls of the flour quite smooth, in a quarter of a pint of water, pour on it three quarters of a pint of boiling milk or water, then boil the gruel for ten minutes, stirring continually. Cream, eggs, or beef-tea may be added, as desired.

This boiled flour makes excellent food for infants, and also good puddings, and is a better thickening for gravy, broth, and soup than raw flour.

### RICE WATER.

Wash two ounces of best rice and boil it fast for half an hour in three pints of water. Any flavouring may be added, or a small piece of stick cinnamon or shred lemon peel may be boiled with the rice, and sugar used according to circumstances. Strain the

rice and put the water aside to get cold. Lemonade made with rice water when cold is very nice and refreshing.

### BARLEY WATER.

Barley water is an important article in the dietary of an invalid, but is often made so hastily that much of its virtue is lost. Wash a quarter of a pound of pearl-barley in clean cold water, then boil it for five minutes in a quart of water, which pour away and put two quarts of fresh boiling water to the barley. Having boiled gently for three hours, strain the barley out and add any flavouring you like to the water. Equal quantities of milk and thick barley water make a useful and nourishing beverage, which may often with advantage be substituted for tea or coffee. Barley water should be made fresh every day, and should not be mixed with milk or syrup before it is required for use, as in a warm temperature it undergoes changes and sometimes slightly ferments.

### OATMEAL PORRIDGE.

Porridge has the reputation of affording much nourishment, and of being especially valuable for children.

Yet few invalids will eat it, nor indeed has it general favour south of the Tweed. This may in part be accounted for by the inferior quality of the oatmeal sold in England.

When oatmeal leaves an acrid taste in the mouth it is a sign that it is adulterated or inferior.

In all cases oatmeal must be thoroughly boiled, and though so simple, there is no dish requiring more care and attention in its preparation than porridge.

Boil a pint of water, drop in with one hand, by degrees, stirring with a wooden spoon in the other, one ounce of oatmeal and half a teaspoonful of salt, let the porridge boil for half an hour, *after* all the meal is stirred in, stirring it occasionally to prevent sticking to the saucepan.

When done, pour it out and serve with milk or cream. Those who like it may be allowed sugar or golden syrup. It is now conceded by most doctors that sugar in any reasonable quantity is good for children and that the craving for it is dictated by natural laws.

Porridge is made lighter by longer boiling, and for dyspeptic people it is best boiled an hour, adding a little *boiling* water should it threaten to thicken.

### PANADA.

Panadas are a useful form of diet in cases of weakness of the digestive organs; to render them palatable great care is required in making them, and the materials must be well chosen. They are best made of the crusts of light bread, and French bread when it can be procured is lightest and most suitable. A roll called *flûte* is used in France for making panada for invalids.

**BREAD PANADA.**

Put a pint of cold water into a stewpan of copper or enamel, and put into it two ounces of light crusts, boil for three quarters of an hour, stirring occasionally; add a bit of butter the size of a marble, and salt; then stir in the yolk of an egg and serve.

**MILK PANADA.**

Boil the milk in order to be sure it will not curdle, when cold put in bread, and proceed as for bread panada. When made sweeten. No eggs or butter are used with this panada.

**CHICKEN PANADA.**

Add the white meat of chicken pounded in a mortar, to bread panada made either with essence of chicken, water or broth.

**LINSEED TEA.**

Boil gently for two hours two ounces of linseed in a pint of water, with an ounce of barley-sugar. Flavour with two drops of Nelson's Essence of Lemon, and add half-a-teaspoonful of Nelson's Citric Acid. Strain the tea, which should be used warm. A few of Nelson's Licorice Lozenges are a great addition to this favourite remedy for a cough.

**HOUSEHOLD BREAD.**

Dissolve rather less than half-an-ounce of German yeast in a spoonful of cold water, stir into it three

gills of tepid water, and pour it rapidly through a sieve on to one pound of fine flour, in which a small pinch of salt has been mixed, beat it up with the hand or a wooden spoon until well mixed. Then, work in by degrees another pound of flour, kneading it well, until all the flour is used. Some flour takes rather more water than other kinds, and it may not be possible to work in quite all the flour; the bread, however, will be all the sweeter and better for being worked up dry. Set the dough to rise at a temperature of about eighty degrees, and in an hour or rather less it will be ready to bake. Flour your paste board, put the dough on it, and with your hands make it into a compact loaf. If the bread has been mixed as directed, and has not risen too quickly, the loaf will not spread in the oven; it will take about an hour to bake, being first put into a very hot oven for ten minutes which should then have the heat slackened.

#### TEA CAKES.

Melt two ounces of butter, stir it into a pint of tepid milk, mix in this an ounce of fresh German yeast, a good pinch of salt, two ounces of sifted sugar, and two eggs. Strain on to two pounds of fine flour, and beat all well together. Let the dough rise for half an hour; then knead and put into tins, allowing the cakes to rise well before baking them in a moderate oven.

## NEW ZEALAND FROZEN MUTTON.

THE high price at which meat has stood for some years has made it necessary for the working classes to restrict themselves to a scanty allowance of animal food, and this often of poor quality. The difficulty of providing joints of meat for their families has, indeed, also been felt severely by people who are comparatively well-to do. Under these circumstances capitalists have thought it worth a considerable investment of money to discover some means of bringing the cheap and magnificent supplies of New Zealand into the English market. Success has crowned the enterprise, and nothing can exceed the perfection in which New Zealand mutton is now placed on the English market.

Nelson Brothers, Limited, stand foremost among the exporters of this valuable food supply. They have six establishments in various parts of New Zealand, representing an outlay of some £400,000 capital. They are also interested in other freezing works. The mutton and lamb selected by them is of the highest quality, and the system of refrigeration is perfect. In summer these New Zealand meats have a great advantage over the home supply, as although in keeping they may lose colour, they remain good and sweet much longer than English-killed meat.

Nelson Brothers, Limited, of New Zealand, ship all their meat to the Colonial Consignment and Distributing Company, London (commonly addressed as the C. C. & D. Co.).

If any of our readers are anxious to try the meat, and are unable to procure it, a post card to the C.C. & D. Co., Nelson's Wharf, Commercial Road, Lambeth, will at once put them in the way of carrying out their desire.

Nelson's Wharf is a refrigerated store capable of holding some 200,000 sheep and lambs. The Company have also storage under Cannon Street station for some 70,000 carcases.

Frozen mutton, like that which is freshly killed, requires to be hung a certain time. Hind quarters, haunches, and legs should be hung with the knuckle end downwards ; loins and saddles by the flaps, thus giving them a horizontal position. The meat in winter should be kept in the kitchen some time before cooking, and after being exposed for a few minutes to a rapid heat in order to seal up and keep the gravy in the joint, it should be cooked rather slowly. thus taking a little more time than is usually given to English meat.

Mr. E. Montague Nelson has recently invented and patented a system of defrosting Frozen Meat. It is now in daily operation at Nelson's Wharf. The process is simply an application, by artificial means, of the ordinary laws of nature, and meat so treated recovers all the characteristics of the freshly killed article.

#### DAIRY PRODUCE.

During the last few years the Dairy Industry in Australia and New Zealand has made rapid strides, and now butter and cheese from the combined Colonies form a large proportion of the total imports each year into the United Kingdom. New Zealand and Australia possess great advantages in being able to supply "fresh grass" *Butter* and *Cheese* during the English winter season—a feature which is not fully realised by the consumers.

The Butter and Cheese is made on the most approved method, and is conveyed to this country in the cool storage of the steamers, which ensures its arrival in normal condition.

The C. C. & D. Co. make this a special feature of their business, together with Tinned Meats of nearly every description, and have spacious stores in Tooley Street, London, S.E., properly adapted for the storage of dairy produce, where information can be obtained.

### A CITY TRADE "JUBILEE."

A very interesting epoch in the history of an old-established City firm was celebrated on Thursday evening, by a dinner at the "Bridge House Hotel." The dinner was given by the firm of Messrs. G. Nelson, Dale, & Co. (Limited), of 14, Dowgate Hill, to the whole of the London staff, in celebration of the jubilee of Mr. G. Wyatt, who entered the service of the firm in the year 1844. Mr. E. Montague Nelson presided, the vice-chair being occupied by Mr. E. R. Morris (managing director). The chairman, in giving during the proceedings the toast of the evening "The Health of Mr. Wyatt," detailed briefly the history of the firm, which, he said, was established in the year of the accession of Queen Victoria, and ever since had prospered and increased. In 1844 Mr. G. Wyatt entered the service of the firm, and in 1860 he (the chairman) joined as a partner. But matters were very different from what they were now, for at that time he and another were perched up in a corner, and George Wyatt—"Old George" as he was always called—was the whole staff. It was an extremely gratifying fact to him and his partners, as employers, to feel that they had one in their service who had been in their employ for 50 years (applause). He would like to mention one fact, and that was that five years ago the firm offered Mr. Wyatt a retiring pension of full pay, feeling that he had thoroughly earned it ; but he refused it, saying that he wished to stick to his work as long as he had the health and strength to do it. That was certainly much to his credit. In conclusion, the chairman asked Mr. Wyatt to accept a timepiece as a small token of the firm's appreciation of his long and faithful service. Mr. Wyatt, who met with an enthusiastic greeting, said he would be only too pleased to serve the firm for another ten years, were he vouchsafed health and strength.—*City Press*, May 12, 1894.

# INDEX.

	PAGE		PAGE
ALBUMEN ... ...	... 10	COOKERY FOR INVALIDS <i>(continued)—</i>	
BEEF TEA ... ...	... 12	Custard ... ...	... 108
" " as a Solid ...	15	Eggs in Gravy ...	... 102
BEVERAGES... ...	89	Fish ... ...	... 95
Badminton Cup ...	90	Fried Potatoes ...	... 104
Champagne Cup ...	90	Fruit-Mange ...	... 107
Cherry Cup ...	90	German Omelets ...	105
Cider Cup ...	90	Ginger Jelly ...	... 106
Citric Acid ...	93	Gruel ... ...	... 97
Claret Cup ...	89	Household Bread ...	116
Ginger, an Extract of, for family use ...	91	Linseed Tea ...	... 116
Gingerade ...	91	Meat Jelly ...	... 98
Lemon, Essence of ...	93	" Lozenges ...	... 100
" Syrup ...	92	Milk Panada ...	... 116
Lemonade ...	90	Mould of Chicken ...	101
" (a new recipe) ...	91	Oatmeal Porridge ...	114
Milk ... ...	92	Orange Jelly ...	... 106
Port Wine, Mulled ...	90	Panada ...	... 115
BLANC-MANGE ... ...	80	Prune Jelly ...	... 106
CITRIC ACID ... ...	9	Rice Water ...	... 113
COOKERY FOR INVALIDS	94	Rusk Pudding ...	... 110
Baked Apples ... ...	97	Sauces ... ...	... 96
Barley Water ...	114	Savoury Bread Pudding	111
Beef in Jelly ...	100	" Macaroni ..	111
Boiled Flour Gruel ...	113	" Rice "	111
Bran Biscuit Cream ...	109	Scalloped Oysters ...	... 103
Bread Panada ...	116	Scrambled Eggs...	... 101
Champagne Cream ...	110	Sharp Egg Sauce ...	... 104
Cheese Macaroni ...	112	Stewed Fruits ...	... 97
Chicken ... ...	95	Strengthening Jelly ...	107
" Panada... ...	116	Tea Cakes ...	... 117
Cold Savoury Pudding ...	112	Turtle Soup for Invalids.	100

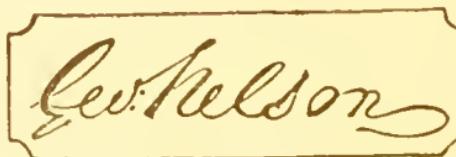
	PAGE		PAGE		
<b>CREAMS</b>	...	...	EXTRACT OF MEAT		
Apple	...	...	...		
Apricot	...	...	10		
Charlotte Russe	...	82			
Cheese and Macaroni	...	83	FISH, LITTLE DISHES OF		
Cherry	...	82	22		
Chocolate	...	84	Cod Cutlets		
Coffee	...	84	...		
Fig	...	85	Eels, Collared		
Frint	—	79	...		
Italian	...	83	Fish, Galantine of		
Lemon	...	76	...		
" Imitation	...	77	Flounder Souché		
Mandarin	...	80	...		
Meringues	...	80	Herrings, Rolled		
Orange	...	77	Soles, Filleted		
" Mousse	...	86	Sole, Fillets of, en Aspic		
Oranges, Chartreuse of	...	84	...		
Palace	...	79	" Fried		
Pineapple	...	78	...		
Plum	...	86	" Sautés		
Rum	...	85	...		
Strawberry	...	76	" with Lobster		
" Trifle	...	86	...		
Syllabub, Solid	...	81	" Fried		
Tapioca	...	87	Whiting, Baked		
Velvet	...	82	...		
Whipped	...	87			
<b>DAIRY PRODUCE, NEW ZEALAND</b>	...	119	<b>FLUMMERY, DUTCH</b>	...	72
<b>ESSENCES—</b>			<b>GELATINE</b>	...	13
Almonds	...	9	" How to use	...	63
Lemon	...	9			
Vanilla	...	9	<b>JELLIES, GRANULATED</b>	...	8
			<b>JELLIES, NELSON'S BOTTLED</b>		
			Calf's Foot	...	8
			Cherry	...	8
			Lemon	...	8
			Orange	...	8
			Port	...	8
			Sherry	...	8

	PAGE		PAGE
JELLIES, TABLET...	... 9	MEAT, LITTLE DISHES OF	31
JELLY-MAKING, ON	... 60	Aspic Creams, Little	45
Jelly, Apple	... ... 70	Brain Fritters	... ... 35
" " and Tomato	71	Chicken and Mayonnaise	
" Aspic	... ... 73	Cream	... ... ... 49
" Brilliant	... ... 64	Chicken, Brown Fricassée	
" Claret	... ... 68	of	... ... ... 39
" Cocoa	... ... 68	Chicken, Cream of, with	
" Coffee	... ... 68	Tomato	... ... 46
" Economical	... 64	Chicken Sauté	... ... 40
" Orange Fruit	... 69	" in Aspic Jelly	44
" Oranges filled with	69	Croquettes	... ... 41
" Ribbon	... ... 66	Curry, Dry	... ... 41
" Tapioca	... ... 72	Kidneys, Broiled	... 38
" with Fruit	... 65	" Sautés	... 36
" " Raspberry Cream	66	" with Mushrooms	37
" " Strawberries	... 65	" " Piccalilli	37
Jelly-bag, how to make a...	73	Lamb, Mayonnaise of	... 49
JELLY-JUBES	... ... 10	" Stuffed Shoulder of	48
JUBILEE, A CITY TRADE	120	" Sweetbreads	... 38
LEMON SPONGE	... 9, 71	Marrow Toast	... ... 35
LOZENGES—		Meat Cakes à l' Italienne	42
Gelatine	... ... ... 10	Mutton, Cold, Potted	... 33
Licorice	... ... ... 10	" Collops	... 33
		" Cutlets	... 31
		" Pies	... ... 34
		" Roulades of	... 32
		" Sauté	... ... 33
		Ox Brain	... ... ... 34
		Pigeons, Chaudfroid of	... 46
		Pork Pie, Raised	... 43
		Potato Hash	... ... 40
		Veal and Ham Pie	... 44
		Veal Cutlets in White	
		Sauce	... ... ... 47
		MUTTON, NEW ZEALAND	
		FROZEN	... ... ... 118

## INDEX.

	PAGE		PAGE
PUDDINGS ...	... 50	SOUPS ...	11, 14
Apple Fool ...	... 59	Artichoke, Brown ...	19
,, Meringue ...	... 59	Beef and Onion ...	... 14
Baden-Baden ...	... 82	Beef, Lentil, and Vege-	
Brandy Sauce ...	... 53	table ...	15
Cabinet ...	... 53	Beef, Pea, and Vegetable	15
Capital, The ...	... 57	Glaze ...	... 21
Chocolate ...	... 56	Gravy ...	... 21
Cocoa-nut ...	... 56	Hare ...	... 17
Compôte of Prunes ...	... 59	Julienne ...	... 16
Custard ...	... 50	Mulligatawny ...	... 18
Duchess of Fife's ...	... 58	" Nelson's ...	14
Fritters, Italian ...	... 57	" Thin ...	18
Ice ...	... 58	Rabbit, Brown, Clear ...	17
Jubilee ...	... 55	Turtle ...	... 19
Natal ...	... 55	" Mock ...	21
Omelet Soufflé ...	... 52	Vermicelli, Clear ...	16
Queen's ...	... 55		
Raspberry and Currant ...	57	TINNED MEATS ...	... 12
Soufflé ...	... 51		
Sponge Soufflé ...	... 53		
Vanilla Rusk ...	... 54		
Warwickshire ...	... 54		

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